

Pulman's Weekly News & View from Axminster

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Tuesday, September 27th 2016

Costa to open Axminster shop

A MULTINATIONAL coffeehouse chain looks set to takeover a prime retail unit in Axminster.

It was confirmed last week that Costa had applied for permission to turn the ground floor premises previously occupied by Trinity House's Home-in-Style into a coffee shop.

The town council's planning committee met on Monday afternoon to discuss the plans but won't give official backing until some issues are clarified, including sewage, waste collection, deliveries and access for the disabled.

Planning committee chairman Brian Watson said: "I can't see a real problem in Costa coming to Axminster, on planning grounds, if we can sort out the few points we have discussed."

Costa operations director Andy Hirst attended the meeting and will provide answers to the questions asked, and the application will be back on the agenda in about two weeks.

by Anders Larsson
anders@viewnews.co.uk

The potential impact on existing coffee shops was mentioned, but not debated as it is not a planning issue as such.

The revelation on the View News web site quickly sparked a debate on social media, some being delighted that a national chain wants to set up shop in Axminster, others concerned about the future of existing coffee shops.

Pulman's View sought comment from existing coffee shops in the town.

Some were unavailable or unwilling to comment, but Laurence Norman of The Westcountry Higgler said: "I think it is going to make absolutely no difference. Costa, like all of us, have their own type of customer."

"It is going to bring more jobs and may even bring more people to the high street."

Jenny Fells, a director of Axminster Arts, which runs Axminster Arts Café, said: "Our selling point is our lovely courtyard garden, and I don't think Costa can compete with that."

"But I think Costa coming here is potentially detrimental to anyone selling refreshments."

Axminster Chamber of Commerce is concerned about the impact on existing coffee shops but, looking at the wider picture, chairman Shane Morgan said: "We are very pleased to hear that a major national chain is coming and taking up such a prominent premises as it would have been very sad had it been empty for any length of time."

"Hopefully this will also bring attention to the potential for the George Hotel building."

The application has been submitted by Jurassic Coast Coffee, which will run the coffee shop on a franchise basis should the application be approved.

What is sought is permission to change the use of the premises from shop use (Class A1) to mixed use (Class A1/A3) plus listed building consent for external and internal alterations.

The town council planning committee's remit is simply to make a recommendation to East Devon District Council, which will make a decision in due course.

Prior to the meeting, Axminster mayor Paul Hayward encouraged locals to attend, and said: "The town

council has always tried, and will always try, to balance their desire for a thriving, business and enterprise sector in the town, which will occupy otherwise empty premises, and which will provide much needed employment to local people, with the need to regularise the ratio of particular outlets; be they coffee shops, estate agents, charity shops and the like.

"Businesses will only establish themselves where they feel there is an opportunity to succeed, and ultimately, it is the buying public that decide whether businesses rise or fall, not your town council."

"Axminster is home to a significant number of small, independent shops and this is what gives our town such a unique feel."

"I fully appreciate the reservations of those already operating similar businesses around town, and I would urge them all to contribute their views so those making the decisions can hear both sides of the arguments."

Those who were unable to attend the meeting can make comment directly to East Devon District Council as part of the planning process.

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■ IT WAS party time in Axminster when Bovis Homes celebrated the second birthday of its Cloakham Lawn sales office. The party, organised with the help of estate agents Fox & Sons, took place on September 10th. Staff, residents and prospective house buyers all joined in

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View 2

The ultimate leisure guide for East Devon & South Somerset

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exhibition at The IAC
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SEE PAGES 39-43



PEOPLE IN THE NEWS



OTTERY ST MARY: Hairdresser Laura Alard has opened a new barbers - Ottery Gents - on Saddlers Lane



SEATON: Axe Valley Runners' Paul Johns is on the way to raising £2,800 for CLIC Sargents have completed a gruelling ultra triathlon - equivalent to two Ironmans!



HONITON: Charity campaigner Brian Johnson, along with wife Caroline Rigby, took a petition on the global provision of clean water to 10 Downing Street



CREWKERNE: Sophie Gale from Yarlington Housing Group manned one of the stands at the town's annual safety event

FEATURES

- **NATIONAL HOME SECURITY MONTH:**
Page 15
- **CHARD CARNIVAL:** Pages 16 & 17
- **HOMES & GARDENS:** Pages 18-21
- **ICING OCCASIONS:** Pages 22 & 23
- **HEALTH & WELLBEING:** Pages 24-28
- **WEDDINGS SUPPLEMENT:**
Pages 29-37

Quotes of the week...

“ Arthur, your friends and everyone here have been and are immensely concerned about how you are. Please make contact with someone, anyone, to let them know you are safe and well.

Colyton Grammar School teachers Ian Stanbridge and Suzie Bean appeal to missing Membury boy, 15-year-old Arthur Heeler-Frood

“ If it goes ahead, it will seriously damage this special place and set a worrying precedent for future development in protected landscapes elsewhere in the UK.

Chairman of the newly formed Blackdowns Road Action Group, Prof Clive Potter, on plans to build a new road as part of A30/A303 improvements

“ Schools can inflame children's imagination and help to shape their love of and engagement with music.

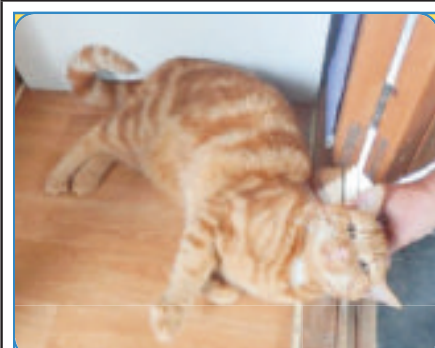
International conductor and violinist Sir Neville Marriner as he formally opened Perrott Hill's purpose built music school

**IN YOUR
PULMAN'S
VIEW THIS
WEEK**

SPORT



♦ **ALL SQUARE:** Honiton Golf Club Captain Julian Phillips and Vice Captain Julian Netherway shake hands after the draw in their annual match



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TOP STORIES FROM ACROSS EAST DEVON AND SOUTH SOMERSET

AXMINSTER Costa coffee shop all set for town

A MULTINATIONAL coffeehouse chain looks set to takeover a prime retail unit in Axminster.

A planning application has been submitted to turn the ground floor of the premises previously occupied by Trinity House's Home-in-Style into a Costa coffee shop.

The news has already sparked a debate on social media and elsewhere, some being delighted that a national chain wants to set up shop in Axminster, others concerned about the future of existing coffee shop.

Pulman's View sought comment from existing coffee shops in the town.

Some were unavailable or unwilling to comment, but Laurence Norman of The Westcountry Higgle said: "I think it is going to make absolutely no difference.

"Costa, like all of us, have their own type of customer. It is going to bring more jobs and may even bring more people to the high street."

SEATON Museum to apply for Lottery grant

SEATON Museum curator Ted Gosling has revealed plans to apply for an £80,000 National Lottery grant to redesign the display area.

A revamp would not see the museum get any bigger in size, but would make sure that more effective use of available space is made. This would be achieved in different ways, including digitalisation.

Mr Gosling stressed that a decision to apply has not been made and is subject to committee approval and that Axe Valley Heritage Association (which runs the museum) gets a 10-year lease minimum for the premises.

The current office would be vastly increased to become more research-friendly, and would also hold 350 books recently donated to the museum.

From the editor's chair How do you take your coffee?



THE pending arrival of Costa Coffee in Axminster has been greeted with mixed views.

There are those who think that Axminster has enough coffee outlets and would much prefer to support a local business rather than a conglomerate.

Others will argue that a high street brand like Costa coming to Axminster demonstrates that the town does have a commercial future.

If planning permission is granted, the Costa outlet will be operated by a franchisee, Jurassic Coffee, who have a number of other outlets in the area, including one of their more successful branches in Lyme Regis.

They are moving into the substantial premises formerly occupied by the Home-in-Style department of Trinity House. Such a big commercial premises could have remained on unoccupied for years.

There was a right old hue and cry when it was announced that Costa were coming to Lyme, a town which has as many coffee shops as Seattle. A campaign to boycott Costa did not last long and the Lyme outlet, situated in one of the main street's most expensive rental properties, has been a huge success. I have no doubt

that the Axminster outlet will follow suit.

Of course, it can be argued that things are different in Lyme because of the huge influx of people it attracts during the summer months, so the town can sustain a number of coffee shops.

Coffee is big business wherever you go in the world. It's rapidly becoming part of our daily life. At one time a coffee came in black or white; now there are a myriad of ways to take the bean. With all sorts of flavours.

So many, in fact, that I find it difficult to decide what I want and usually end up ordering some sort of frothy concoction, the ingredients for which are a total mystery to me.

Before you think I am showing undue sycophancy towards Costa, let me assure you I have no commercial reason for doing so. They are not likely to advertise with us; Costa doesn't really need to, such is their nationwide profile. And there is more good news on the horizon for Axminster.

I understand an offer has been made for another prime vacant town centre site - the former HSBC Bank.

PHILIP EVANS

SOMERSET Pledge to make communities safer

CHIEF Constable Andy Marsh has pledged to improve Avon and Somerset Constabulary's detection rate and response to dwelling burglaries.

The pledge was made after the Police and Crime Panel heard that the number of dwelling burglaries rose by almost 28 per cent in the last year, which equates to an additional 1,194 crimes compared to the previous year.

Chief Constable Marsh said: "I understand how devastating the impact of serious dwelling burglaries can be for those victims whose homes and privacy are infringed.

"We absolutely need to improve the detection of these crimes and our response to them.

"In all my experience of policing, I have learnt that where we get spikes like this the quickest solution is to stop those who are behind the burglaries."

He said that it is often a small handful of individuals who are responsible, and that police to show them that police action against people who prey on innocent people.

Chief Constable Marsh added: "I can assure you

we will make life extremely difficult for them in our communities. As a force, we are facing huge demands on our resources but I am committed to improving the way we deal with this issue.

"If your home is in the process of being burgled, you should call 999 immediately and officers will get to you as a priority."

A police spokesperson continued: "If your home has been burgled and the offenders have left, please call 101 and report this.

"Our call handlers will know what to do and advise you on preserving key evidence until officers arrive."

"You can take precautions to protect your property and stop you and your family becoming victims of crime too."

Chief Constable Marsh concluded: "By working together, I am convinced that we can tackle this and make our communities safer."

Sir Hugo says road improvement plans should include full dualling

EAST Devon MP Sir Hugo Swire has called for the stretch of the A303/A30 between Honiton and Ilminster to become fully dualled.

In their South West Manifesto, the Conservatives pledged to invest £2 billion in the A303 but under current plans the stretch from Honiton to Ilminster is to be replaced with a three lane road - not a full dual carriageway.

Sir Hugo said: "Admittedly the stretch of the A30 which runs through my constituency is already fully dualled.

"However, my con-

stituents use the Honiton to Ilminster stretch of the A303/A30 as much as anyone else and that is the basis of my interest.

"I welcome the fact that a brand new road is now due to be constructed between Honiton and Ilminster instead of the original proposal to simply carry out minor improvements to the current carriageway.

"This road is already due to consist of three lanes and I would question whether adding an extra lane would have anything other than a very minor effect both in terms of financial cost

and environmental impact. I am not convinced that insufficient traffic along this stretch is a reason not to go for full dualling.

"If traffic numbers are low then this might be down to the fact that the road is clearly inadequate.

"The bottom line is that our transport infrastructure in the South West has historically suffered from underinvestment and it is about time this changed.

"Our local economy, and especially our tourism industry, needs a modern and efficient road network."

EAST DEVON Hospital beds under threat

HONITON Hospital is set to lose all inpatient beds in a cost cutting exercise which has been described as 'a dark day' for the town.

The fight is also on to save Sidmouth and Seaton hospitals' inpatient beds after it was announced that they also could be removed.

The removal of the beds comes after the Northern, Eastern and Western Devon Clinical Commissioning Group announced plans for a consultation into the closure of beds in Devon.

NEW Devon CCG announced the list of hospitals whose beds would be entered into the consultation process, concerning whether or not they should be kept.

Honiton - along with Okehampton - was not included on the list, with angry residents taking this as confirmation that they will lose the beds at the hospital.

Health chiefs hope that the bed cuts will save around £5million a year, with around 40 per cent of current running costs reinvested in creating health hubs and providing more care in people's homes.

Honiton Hospital League of Friends said they were devastated to receive the news of the proposal to close all the medical beds.

Chairman of the League of Friends, Heather Penwarden said: "This is a dark day for Honiton Hospital. There has been a hospital in Honiton for many generations and we have been proud of how we have been able to care for the sick, elderly and vulnerable within our community. We have had no warning of these proposals so it has been a complete shock for us and all the staff at the hospital."

Four options have been recommended for consultation; each option recommends where beds should be kept and how many.

Option A: Beds at Tiverton (32), Seaton (24) and Exmouth (16);

Option B: Beds at Tiverton (32), Sidmouth (24) and Exmouth (16);

Option C: Beds at Tiverton (32), Seaton (24) and Whipton (16);

Option D: Beds at Tiverton (32), Sidmouth (24) and Whipton (16).

Sidmouth could gain beds - but could also lose them altogether. Seaton, too, could lose all of their beds.

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3.10.16 Love from
all the family x

Happy Birthday Hilary Mabon
Love from Rachel, Andrew,
Lauren, Joseph and all the family

Happy Birthday
Ryan on 3rd October
Love Dad xx

Happy Birthday Ryan
on 3rd October
Love Lily & Freddy xx

Happy 70th Hilary Mabon
28.Sept.16.
Love and best wishes from
Edwin, Alison, Amelia,
Dan & Nathan xxx

Hilary Mabon 70th Birthday
28.9.16.
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All announcements must be in by 12 noon on Friday for the following week's publication.

View Family
Announcements

Kit Moore
29 - 9 - 2014

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Was the sky a deeper blue,
Or was it just a better world,
When we shared our lives with you.

Miss and love you from all
the family xxx

Happy Birthday
Ryan on 3rd October,
Love Nanny
& Bamp xx


Happy 60th
Birthday Bob Fitch
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Love from all
the family x

Remembering you on
your birthday

Ode to a Cricketer
Ryan (Stubbs) Walker
29th September, 1989 –
7th July 2014

Even as he hangs his boots,
He cannot forget his roots,
Hands that wielded the willow,
Shot through the covers, a perfect flow,
Batting so stylish, when at the crease,
Never a fear, even the nonstriker was at ease,
The opposition used to fear,
Of this wonderfully gifted peer,
Grounds will not forget,
Spectators will regret,
Grass will never be greener,
Sky will never be bluer,
Commentators will never sing odes,
The ball will never vanish on the roads,
Bowlers will never feel worried,
By the fours and sixes you flurried,
The stands will now be pained by your absence,
The sporting spirit that you so endured on the field,
The relations and friendships that upon it help build,
The spirit lives on, the body gives way,
"We will miss you", the fans cry far away!

Always thinking of you. With all our love Mum,
Dad, family & Kimberly



New-build delay leaves woman and children temporarily homeless

AN AXMINSTER woman eventually moved into a new house after a very late building problem made her temporarily homeless.

Emily Traynor was about to move to a property in Linseed Drive on August 19th, but was told the day before there would be a week's delay because of a problem.

Miss Traynor is renting the house from housing association The Guinness Partnership.

Having boxed-up her belongings and handed back the keys to her previous landlord, she was forced to find storage and alternative accommodation for herself and her two young children at very short notice.

At one stage it looked as if the family would have to contact East Devon District Council for emergency housing.

Her immediate family lives outside Devon, so was not an option. The delay was the final one in a series of postponed moves.

She was initially set to move in at the end of June, which was changed to the third week in July and then switched again to Friday, August 19th.

But the bombshell came the day before when Guinness Partnership phoned to say the move was off for another week because of a problem with the drains.

Miss Traynor said: "With new builds you expect something to go wrong, but I had more than one delay, one with a day's notice."

"Spending one night on a friend's sofa with the children would have been fine, but not a whole week."

"It could have led to emergency housing in a B&B. It was pretty stressful before it all got sorted."

In the end she stayed with a friend and the children stayed with their father.

Under the circumstances, she is quite happy with the way The Guinness Partnership handled the situation, but also feels it should never have gone that far in the first place.

Miss Traynor said: "I'm happy to be here now, but I am keen that nobody else will be put through this."

"Building companies in general have to realise they have a responsibility and that it is not just about churning out houses."

A spokesperson for The Guinness Partnership confirmed that one more tenant suffered the same problem, and said: "We're really sorry for



HOUSEWARMING: Emily Traynor moving in at last

the delay Miss Traynor and her family experienced moving into their new home.

"Unfortunately the developer experienced a number of issues which needed to be resolved before they could hand the property over to us."

"We know this was frustrating for Miss Traynor and tried to minimise any inconvenience, including arranging storage for the family's belongings and delivering them once they'd moved in."

"We want all of our customers to be happy in their homes and will of course continue to offer our support if required."

Appeal after attempted
Foxhill property break-in

POLICE have appealed for information about two men who allegedly tried to break into a property and a van in Foxhill on Wednesday, September 14th at about 9pm.

They men are said to have been chased off by residents, but were later spotted on Millway Rise Industrial Estate.

The two men were described as being in their mid to late 30s, one of heavy build and one slimmer.

Anyone with any information is encouraged to contact the police on 101 quoting crime number 89114/09/16.

NEWSDESK
Call Anders on
01297 446142

Work on flood defence scheme gets under way

PRELIMINARY work on the £540,000 second phase of Axminster Millbrook Flood Defence Scheme has started, following delays.

This will include channel-widening downstream of the railway and the installation of a tree-catcher debris grill upstream of the culvert beneath Willhay Lane.

Following this, the existing Willhay Lane culvert will be extended and increased to allow greater flows to be conveyed to the main River Axe, linking up with the existing Network Rail culverts and channel improvements further downstream.

The target was to have an improved culvert in place during 2014, but the initial design posed a flooding risk to third parties downstream.

Councillor Stuart Hughes, Devon County Council Cabinet Member for Highway Management and Flood Prevention, said: "This scheme is part of our Flood Risk Management Action Plan which aims to reduce flood risk to our communities across the county."

"It will build on the successful installation of the phase one flood defence wall that was completed by the county council in April 2015. The scheme will provide flood relief to over 160 properties identified as being at risk from a 1 in 100 year storm event."

Devon County Council has been working closely on the scheme with East Devon District Council, Network Rail and the Environment Agency.

Partnership funding for the works has been achieved through a £240,000 Flood Defence Grant, £50,000 through Community Infrastructure Levy (part of the planning process and formerly known as Section 106 Agreement), £50,000 from East Devon District Council and more than £200,000 from Devon County Council.

Councillor Andrew Moulding, Devon County and East Devon District Councillor for Axminster, said: "The devastation caused in 2012 meant some residents had to move out of their homes for six months or more and left many others fearing it could happen again."

"This is a good example of partnership working between the various authorities and organisations involved in reducing flood risk, and I'm very pleased to see the second phase of the project under way."

Work on the main elements of the scheme will start next month and is expected to last six months.

East Devon faces loss of more hospital beds

A WAVE of community hospital inpatient bed closures is likely after health bosses announced drastic proposals that would also see 72 beds concentrated to three sites.

Currently there are a total of 143 beds spread across eight community hospitals in the area covered by Northern Eastern and Western Devon Clinical Commissioning Group (NEW Devon CCG).

A shortlist of four options has been drawn up by the CCG, which would prefer to have beds in Seaton, Tiverton and Exmouth.

The NEW Devon CCG is to discuss the report on which the proposal is based, and to decide if it should go ahead with a public consultation, on Wednesday, September 28th.

In a statement issued by NEW Devon CCG last week, GP Dr David Jenner, chairman of the Eastern locality for NEW Devon CCG, said: "We know we can do more to support a faster return home and also prevent unnecessary hospital admissions.

"Bed-based care will always be available for people who need to be in a hospital but we need to make sure the alternative of home-based care is al-

ways considered.

"Too many people are currently in hospitals that don't need to be there and they could be receiving a better service at home."

Angela Pedder, former chief executive of the Royal Devon and Exeter NHS Foundation Trust and now lead chief executive for NEW Devon CCG's Success Regime, explained that difficult decisions lay ahead, saying: "We recognise the changes we are proposing will prompt difficult debate but we firmly believe the options in the consultation represent a real opportunity for us to improve care."

In the report's foreword, she said: "Put simply we cannot carry on as we are.

"The services we have currently in Devon cannot be sustained and that is not only about money.

"We must take action now and implement a programme of change to secure a health and care system capable of meeting the changing needs of our population.

"The problem is ours, must be addressed, and a solution found no matter how difficult that might be."

A shortlist of the four options

is part of the report:

● **Option A:** Beds at Tiverton (32), Seaton (24) and Exmouth (16);

● **Option B:** Beds at Tiverton (32), Sidmouth (24) and Exmouth (16);

● **Option C:** Beds at Tiverton (32), Seaton (24) and Whipton (16);

● **Option D:** Beds at Tiverton (32), Sidmouth (24) and Whipton (16).

The CCG report added: "The preferred option is A, as this combination results in the smallest changes in travel time and has greatest whole system impact.

"Honiton Hospital and Okehampton Hospital do not appear in any of the shortlisted options.

"Subject to consultation, the proposal would mean that there would be no inpatient beds on either of these sites and the new model of care would be implemented.

The proposals have already generated criticism, and more is likely to follow.

Campaigners in Ottery, Honiton and Sidmouth have already voiced their concern (see our respective editions for these towns) and pledged to fight for their hospitals.

Should the public consultation

go ahead, it will run over 13 weeks from October 7th to January 6th.

A CCG spokesperson said: "We are asking for your views on whether you think the proposed options will deliver the model of integrated care described over the following pages and on the best locations for community beds in Eastern Devon."

● NEW Devon CCG has also

announced that the change of community services (including hospitals) provider from Northern Healthcare NHS Trust to the Royal Devon and Exeter NHS Foundation Trust (RDEFT) will become effective on October 1st.

A spokesperson said: "CCG's governing body made the final decision to award the contract for community services in Eastern Devon to the RDEFT.

"This will mean that 1,400 staff from NDHT will transfer under from October 1st 2016 to RDEFT.

"Joined-up community services are vital to the future vision of health and social care in Devon and Northern Devon Healthcare NHS Trust (NDHT) will continue to work closely with the teams at the RD&E to complete the final stages of the transition."

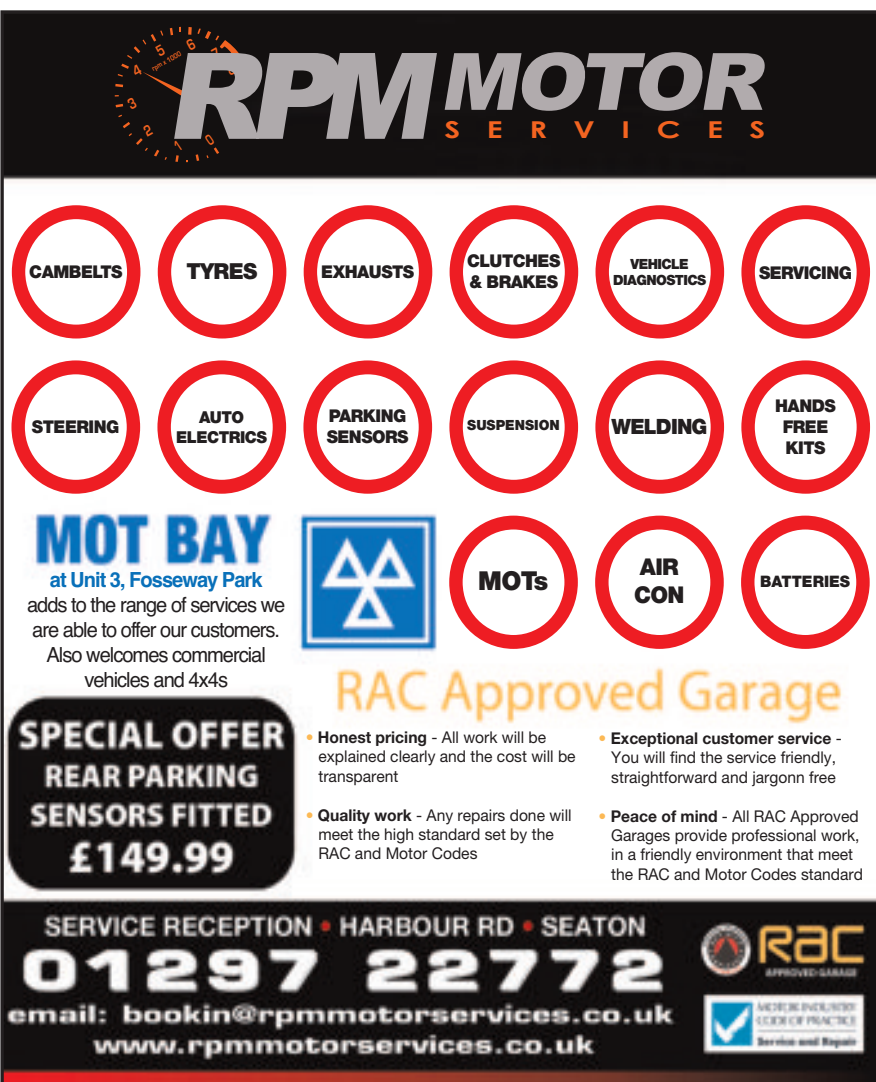


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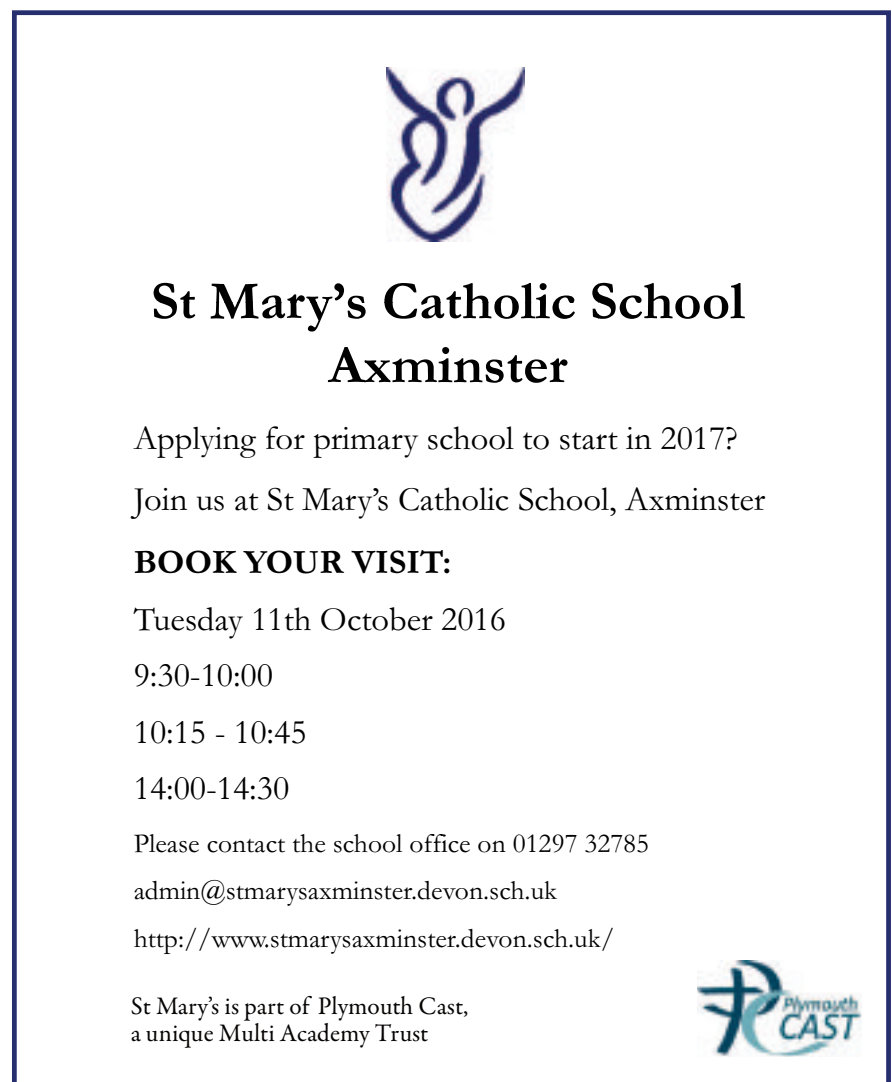
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Police search for missing persons

THE police presence in North Street and surrounding areas of Axminster on September 14th and 15th both related to missing persons.

An 18-year-old was reported missing on Wednesday, September 14th, and was found safe and well later that day.

A 17-year-old boy went missing the following day, and a force spokesperson said: "Police were concerned for his welfare and a search was underway in and around the local area.

"The boy was located safe and well at around 3.45pm by police."

Bridport youth arrested on three charges

A 16-YEAR-OLD boy from Bridport was arrested in Axminster on suspicion of possession of a Class B drug, driving without insurance and possession of an offensive weapon in a public place [two knives].

The arrest was made at about 11.15pm on Thursday, September 8th after police officers came across a Citroen Saxo parked 'at a strange angle' in Lyme Close.

The youth has been bailed until October 4th.

Chamber on tour of carpets factory

AXMINSTER Chamber of Commerce chairman Shane Morgan led a delegation on a grand tour of Axminster Carpets.

The visit took place on September 12th and chamber members were joined by Honiton Chamber of Commerce president Colin Wright and chairman Tony McCollum, along with Seaton Chamber of Commerce representatives Charlie and Jenny Male.

Mr Morgan said: "We enjoyed a fascinating tour and the visit fulfilled the

wishes of many present to see an Axminster Carpets loom at work."

Standing on one of the hallowed designs, Axminster Carpets MD David Knight warmly welcomed the group and gave them an insight in to the world of carpet manufacturing, Axminster's renowned place in the carpet world and his vision for driving the firm forward for the future.

As a holder of a Royal Warrant from the Queen he was pleased to inform the group of some of the differing

iconic settings their enduring carpets enhance, as well as the many Royal residences and railway train floors.

Marketing manager Hilary Clements explained the benefits of wool, including its high temperature resistance, anti-allergen properties and insulation qualities, before embarking on a tour of the factory floor to see several looms in action.

Experts Steve Marks and Paul Bujniwicz demonstrated some of the skills involved in being a weaver along

with the assistance of modern technology.

At the end of the visit, in a room with a historical display of carpets, all of the chamber members expressed their delight and thanks at being able to visit the town's famous factory.

If you run an Axminster business (community members are welcome too) and would like to join Axminster Chamber of Commerce, visit www.axminster.org or phone 01297 32036.



■ Axminster Carpets MD David Knight (centre left), Axminster Chamber of Commerce chairman Shane Morgan (centre right) with fellow visitors

Health and Wellbeing Guildhall exhibition

AXMINSTER Health and Wellbeing Centre's exhibition next month is to feature a wide range of stallholders offering complementary therapies and health products.

There will also be a display of artwork and jewellery by local artist Liz Shewan.

The centre is a well-established charity which, for example, runs Axminster Food Bank, hosts the Wishing Well cancer support group and supports adult literacy programme Read Easy.

Centre manager Sam Norris said: "We have just received funding for our new project, Axminster Family Wellbeing, which we will be launching at the exhibition."

The exhibition will be held in Axminster Guildhall on Saturday, October 8th from 10am-4pm.

If you would like more information please call 01297 32331.

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Charity cycle ride raises more than £21,000

A LOCAL couple have raised more than £21,000 after organising a cycle ride and an auction to help two charities that have helped them cope with the loss of their child.

In March this year, Emma Voysey and Mark Herrod went to Exeter Hospital for the 20 week scan, expecting to come home with a picture of their first baby, instead they were given the devastating news that the baby's spinal cord hadn't formed properly.

After hearing from several consultants who told the couple that their child would have severe learning difficulties, be wheelchair bound and have a very poor quality of life, Emma and Mark took the hardest de-

cision of their life and decided to terminate the pregnancy.

They named the baby Poppy, and have since set about raising money in her name for SHINE, the RD&E labour ward, awareness of Spina Bifida, the importance of taking folic acid pre and during pregnancy, dealing with terminations and the importance of friends and family.

On September 11th, Mark and Emma were joined by friends and families to a charity auction to go alongside the cycle ride they had organised earlier this year.

With the help of friends and families, the brave duo have raised £21,765.11.

The money will be split be-

tween the RD&E labour ward to help fund more midwives to go on the bereavement course and to SHINE, the UK's leading charity for Spina Bifida.

Emma said: "The day went far better than we expected, we had more than 300 people attending.

"My original target was £2,500 – we have raised more than £21,000!

"We had Sian Prince from Shine and Nicky Pattinson from the RD&E come and collect the cheques – they are so very grateful for all the effort that has been put in.

"The auction went very well, we were worried to start with as we didn't have many lots, but two days leading up to it we received another 12 lots from friends and family.

"Everyone has been so kind and really supported this event.

The bike ride and cream tea have both been a huge success; we are so glad to have changed something so sad into a positive outcome.

"Anyone reading this that is thinking of having children please continue to take folic acid. I had no idea how important it was."

Property bidding war

A BIDDING war broke out for a property featuring nearly four acres of woodland, gardens and grounds just outside Axminster.

Borderlands, in Green Lane, Raymonds Hill, was one of the 'marquee' lots at Clive Emson's West Country auction this month.

The property fetched £374,000, which was £74,000

above the lower end of its freehold guide price.

Auctioneer Graham Barton said: "This was an incredibly rare opportunity to acquire a detached character home of this calibre.

"With its idyllic 1.57 hectares (3.88 acres) of stunning gardens and bluebell woodland, Borderlands attracted fierce bidding."

■ Emma Voysey and Mark Herrod present cheques to SHINE and the RD&E labour ward following their charity auction recently



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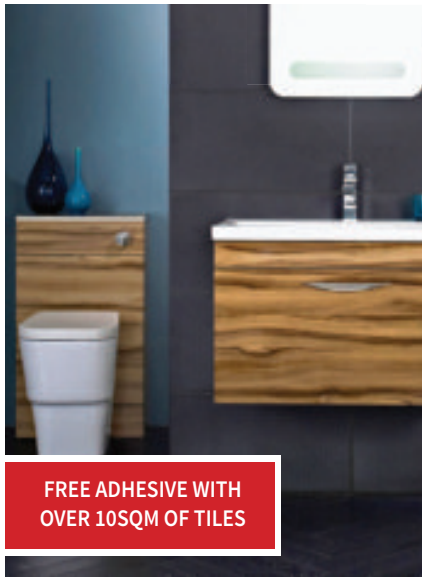
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More than 2,000 items collected at beach clean-up

TWENTY-seven volunteers collected more than 2,000 items weighing in total 16kgs (about 35 lbs) from Seaton Beach as part of the Marine Conservation Society's Big Beach Clean.

Ian Waite of Axe Vale and District Conservation Society, which organised the Seaton operation, reports that, once again, items of plastic were in abundance.

He added: "Unfortunately several deposits of dog faeces were noted on the beach, including the area that is designated 'Dog Free'.

Seafield Gardens part of new East Devon 'heritage trail'

SEAFIELD Gardens in Seaton is one of eight parks and gardens to benefit from a £9,500 Heritage Lottery Fund grant to East Devon District Council. The council applied for the grant to develop a 'heritage trail' by linking all eight venues.

EDDC's Parks Team is appealing for old photos of these parks and gardens and would love to hear the memories of residents who

can, perhaps, remember historical events that have taken place at these sites.

The project will continue until next July.

Councillor Iain Chubb, portfolio holder for the Environment, said: "This is a wonderful idea as we all have memories of our own favourite parks and gardens.

"It's a real opportunity to celebrate how beautiful

these sites are and how they form part of our heritage."

Nerys Watts from the Heritage Lottery Fund said: "East Devon's open spaces play such an important role as havens from the bustle of daily life, and we are thrilled to help raise awareness of them and their historic value for as many people as possible."

The venues are Blackmore Gardens and Con-

naught Gardens in Sidmouth, Beach Gardens and Manor Gardens in Exmouth, The Glen in Honiton, Canaan Way in Ottery St Mary and The Green in Budleigh.

If you have any old photos or memories of these places, contact Jane Nicholls at Camperdown Terrace Depot, Exmouth, EX8 1EJ or email streetsceneops@eastdevon.gov.uk

Hospital beds under threat

HEALTH bosses would like to keep hospital in-patient beds in Seaton, and local doctors are urging residents to have their say in an anticipated consultation exercise.

Northern Eastern and Western Devon Clinical Commissioning Group (NEW Devon CCG) says the current number of beds in its area is too high.

Instead, health bosses want to reduce the total number of beds from 143 to 72, with 24 of them at Seaton Hospital.

The shortlist includes four alternative options, with Seaton keeping its hospital beds in two of the options.

NEW Devon CCG will meet on Wednesday and is expected to give the go-ahead for a public consultation on the proposals.

GPs from Townsend House Surgery and Seaton and Colyton Medical Practice are encouraging everyone living in Axe Valley to comment on the CCG proposals.

A joint spokesperson for the practices said: "A number of options have been proposed and public opinions will be used to shape the final decision.

"Depending on the outcome there may be no in-patient beds in future in Seaton Hospital, and patients may have to travel further afield if they need a hospital bed.

"Hospitals that lose their inpatient beds may become day centres, but at present there is no detail about what would happen to sites that lose their beds.

"Ownership of NHS hospitals has recently transferred to NHS Property Services who are able to sell them if they are no longer being used for NHS care."

Consultation questionnaires will be available in local GP surgeries and hospitals should it be decided to go ahead.

The spokesperson concluded: "Regardless of which option you support, if you don't fill out the questionnaires your views won't be heard."

See page 5 for NEW Devon CCG's announcement

Hotel steps in to save winter skittles league

THE future of the Beer Inter-League Skittles series has been safeguarded following the demise of Beer Social Club, writes KEVIN FAHEY.

The Dolphin Hotel has stepped forward to offer an ally to the league when they were left to find a new venue after the decision was made over the summer to close the social club, which had hosted the winter league for many years, due to its financial problems.

"We were looking for a new home when the Dolphin came forward and offered us the alley at the back of the hotel to use for free," said Jenny Harding, who has taken on the job of liaising fixtures in the league at their new home.

"The alley has always been there but the Dolphin said they would never open it up while Beer Social Club was open, so give them their due on that.

"So I would like to thank the Dolphin for giving us this opportunity."

Jenny said that so far nine teams, eight from within Beer and one from Branscombe, have committed to the new season with fixtures due to get underway very shortly.

"We have a new team from Peco-rama which have called themselves the 'Peco Puffers', while Beer Albion Football Club has amalgamated with the Misfits," added Jenny.

"Games will be played on Tuesday

and Wednesday evenings starting at 8pm and the format will be pretty much the same as in the past with home and away matches.

"I think it was important to keep the league going because if it had stopped it might have been lost forever."

Charity gig raise more than £500

THE charity 'Dance for Brian' gig at the Mariner's Hall featuring popular group Area 52 raised more than £500.

The money will be split between Cancer Research UK and Seaton Nurses at Home with an official presentation due to take place next month.

"We made a total of £575 profit which included £60 from a whip-round by the band members when they realised what the money was being

given to," said co-organiser Annie Boalch.

"I would like to thank everyone who attended, in particular Patricia, Lynne and Kate at a difficult time for them and a great time was had by all.

The concert was arranged in honour of Brian McMahon, the assistant vicar, plus other notable village personalities like Jim Whitelock and Stan Bees, who have all passed away recently.

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Paul completes his ultra triathlon challenge in less than 48 hours

SEATON man Paul Johns needed less than 48 hours to complete his audacious ultra-triathlon – equivalent to a double Ironman.

He had set himself the task of swimming 4.8 miles, cycling 224 miles and running 52 miles – aiming to raise £2,800 for CLIC Sargent.

Paul, who supports Swansea City FC and is affectionately referred to as 'The Welsh Nutter' by fellow Axe Valley Runners members after his heroics, set out at 6am on Friday, September 16th from Fisherman's Gap in Seaton.

All went well for the sea swim despite some strong currents, with Paul switching to his road bike at 9.41am.

But the strong winds made for a tough start to the cycling section, which was planned to comprise of three anti-clockwise laps of East Devon, extending as far westwards as Exeter.

Paul described the first lap as 'tough going' and explained how he had to 'pedal down the hills' when faced with a relentless headwind on the outward parts of the circuit.

After completing the second lap Paul decided against going around for a third time, opting

by **Anders Larsson**
anders@viewnews.co.uk

instead to switch to 12 laps of a shorter 5.5-mile circuit around Seaton.

Support team member Craig Tiley said: "Continuing through the night, the mammoth cycle ride was completed at 9.30am on Saturday morning.

"Paul felt in good shape when starting the first 16-mile loop for his double marathon run.

"However, the quickly-rising temperatures soon took their toll and he struggled to continue running in the heat.

"Although Paul was never in any doubt about finishing his challenge, he made the difficult decision to stop after the first loop and resume the run at 6.05pm once the temperature had eased."

It was a decision that paid off. Paul used the break to rest and eat in preparation for the remaining 36.4 miles, which he completed in an impressive eight hours and 33 minutes.

A crowd of supporters, together with Paul's wife Jane and their four sons, turned out at 2.38am on the Sunday morning to cheer him over the finish line, arriving back where he had

started on the Friday morning.

Paul was supported throughout by a band of helpers and supporters, many who are members of Axe Valley Runners.

He says he knows who they are, and he is extremely grateful to every one of them.

Paul also said: "I learned doing the challenge how it's the little things that people do that make a big difference, and ultimately what helps you through to the finish. I am also grateful to Soanes Cycles in Colyton, who generously sponsored the servicing of my road bike in preparation for the 224 mile ride.

"All the words of encouragement and support, together with the donations received, are what kept me going."

At the time of going to press donations had just passed £2,000; Paul's target of £2,800 represents ten times the distance he completed.

Paul is hopeful that his target can still be reached – donations can be made via a Just Giving page at www.justgiving.com/fundraising/p-johns

Paul hopes that other athletes may be inspired to attempt a similar ultra-triathlon for charity on the course, for which he will offer his support.



■ PAUL after crossing the finish line of his double marathon, the final leg of an ultra triathlon which also included 224 miles on a bike (right)



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Village hosts another successful Goose Fayre

by Francesca Evans
francesca@viewnews.co.uk

LARGE crowds flocked to another successful Colyford Goose Fayre on Saturday afternoon.

The event saw village residents dress in medieval costume and parade through the streets before the fayre was officially opened by the Mayor of Colyford, John Mills.

Traditional entertainment throughout the afternoon included morris dancing, a mummers play and medieval music and dancing, as well as a falconry display and archery.

There was also a number of stalls and traditional crafts on show, while children were kept entertained with the quintain ride, the greasy pole and Punch & Judy shows.



■ THE Mayor of Colyford, John Mills (centre) was joined on stage by wife Vicky and town crier of Colyton Derek Wenn to officially open the fayre



■ CHILDREN pull the goose cart to the fayre



■ THE quintain is always a hit with youngsters



■ ABOVE and below, village residents got into the spirit of the event for the procession



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Teachers' plea to missing student



TEACHERS at Colyton Grammar School have made a televised plea to missing student Arthur Heeler-Frood, asking him to get in touch and let them know he is safe.

Arthur, aged 15, from Membury, was last seen on the morning of Tuesday, September 6th leaving home on his bicycle.

It was thought he was cycling

■ **MISSING:** Arthur Heeler-Frood, aged 15, from Membury

by Francesca Evans
francesca@viewnews.co.uk

to school but his bike was later recovered in Axminster and his family then received a detailed letter explaining that he intended to run away.

Speaking at the school on Thursday, teachers Ian Stanbridge and Suzie Bean appealed for Arthur to get in touch.

They said: "Arthur, your friends and everyone here have been and are immensely concerned about how you are. Please make contact with someone, anyone, to let them know you are safe and well."

"We miss you at school and are looking forward to teaching you this year. Please make contact as soon as you are able."

Arthur was wearing his school uniform when he went missing, but it is believed he would have changed into casual clothes including blue jeans, a black hoody and black



■ **HEARTFELT APPEAL:** Teachers address the cameras

Element jacket with beige shoulders. He is 5ft 4in tall of slight build with short, brown hair. It is also thought he may have cut his hair to change his appearance.

His parents Caroline and Jeremy Heeler-Frood previously released a statement

saying: "Arthur, let us know you are safe. You are not in any trouble. We love you. Please come home."

Anyone with information on Arthur's whereabouts should contact police on 101 quoting reference number 771 of September 6th.

If you have a story call Anders Larsson on 01297 446142

Skatepark jam

OTTERY Skatepark will host a 'Jam for All' event, and are inviting local extreme sport enthusiasts to come and join in what promises to be a fun packed event.

The event is being jointly arranged with the Ottery SKB+BMX Trust, LED leisure and Active Devon and will take place on October 8th from 1.30pm to 4.30pm at the Ottery Skatepark.

Apart from your chance to Skate, BMX and Scoot at the skatepark, there will also be free sessions with qualified trainers. These will be open to everyone from complete beginners to experienced skaters.

In the case of bad weather on the day phone Elli Pang on 01404 812268 or check the Ottery St Mary Skatepark's Facebook page for updates.

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Women's Institutes ROUND UP

COLYFORD: At their 451st meeting on September 7th, members were treated to a talk by Stella West-Harling. Her 'journey through food' went around the country from post-war rationing in the Lake District to basic cookery lessons at school in Hull. In the 1980s her spare-time catering expanded and she was lured from London to the West Country. Here the opportunity arose to start the college which became the Ashburton Cookery School.

Over summer members met for a coffee morning and a cream tea and learned of the forthcoming Autumn Council Meeting in Barnstaple and a Harvest Lunch before the next meeting on October 5th. For more information contact Elizabeth Harding on 01297 624250.

COLYTON: Vice President Sallie Herniman opened the meeting welcoming members. Jerusalem was sung and business for the month discussed, dates for the Book and Craft clubs, also the Christmas Lunch has been booked and as a deposit has been paid members encouraged to sign up. The beauty days are back for next year details available.

After tea, members enjoyed a 'crafty' afternoon with Grace and Sheila who displayed, explained and allowed members to examine their creations from beadwork, embroidery, to an Indian war bonnet. Sallie gave the vote of thanks.

Monthly competitions: embroidery, judged by Grace and won by Teresa. Flower of the month judged by members and won by Brenda.

Colyton WI meet the third Tuesday of the month in the St Johns Hall 2.15, visitors welcome.

SEATON: The September meeting was on Tuesday 20th at Methodist Church Hall. Aimee welcomed everyone after the summer break with the news that during August, Seaton WI had entered Seaton Town Show and won the Community Cup for their display.

play, had held a very successful garden party and enjoyed a trip to Saltram, a NT property near Plymouth. Future events include a group meeting at Colyton Town Hall, Devon Federation Autumn Council Meeting at Barnstaple and the annual quiz organised by Beer WI in November.

The speaker, Dennis Shepherd, took the meeting on a 1,063-mile trip aboard his 29ft yacht *Hui Mar*, from Axmouth around Lands End up the Bristol Channel across to Tenby and around the Welsh coast up to Pwllheli, showing the ports he visited and the wonderful coastline he followed. Chrissie Palacio gave the vote of thanks.

Flower of the month competition: 1 Aimee Guard, 2 Chrissie Palacio, 3 Helen Woodfield.

Competition of the month: 1 Gwynydd Brazen-dale, 2 Doreen Batchelor, 3 Janet Boddington.

Next meeting, Tuesday, October 18th: The talk is 'My love of Penstemons' by Shirley Reynolds.

THORNCOMBE: With the booked speaker unable to come on September 13th, members were entertained at short notice by Gill Read, a botanist and wild flower illustrator (and the mother of member Sarah Basham) who spoke on wild flowers.

Brought up on a smallholding in the New Forest with no utilities, Gill's uncle was a naturalist, and she soon developed a love of wild flowers, joining the Wild Flower Society. Gill handed round a lens used to determine the species of plants, and had brought her personal plant diary and books illustrating the work of the Wild Flower Society.

Gill was thanked for a most enjoyable and entertaining evening.

The next meeting will be held on October 11th at 7.30pm in the village hall, when Stephen Wells will speak on 'The History of the Magic Circle'. The competition will be to make a wand. New members and visitors will be most welcome. Contact Julia Snellcock 01460 30135 for more information.

Motorcyclist injured

SOUTHLEIGH: A 16-year-old motorbike rider was taken to hospital with a leg injury after being involved in a collision with two cars at Southleigh, near Colyton.

The incident happened at about 1.15pm on Thursday, September 22nd.

A spokesperson for the ambulance service said boy was taken to hospital in Exeter.

Outdoor classroom



CHARDSTOCK: Pupils at St Andrew's Primary Academy can enjoy a brand new outdoor classroom.

The classroom has been made possible thanks to intense fundraising efforts by St Andrew's Primary Academy Friends of School.

The secretary of The Friends of

School, Cindy Furse, said: "We reached the amount needed back in the summer and over the holidays the outdoor classroom was built. The classroom will enable the school to extend the children's learning outside of the classroom, giving them wonderful new skills and learning experiences."

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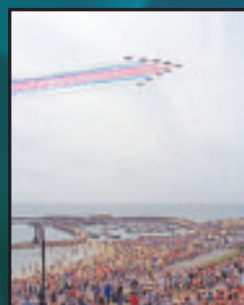
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October 2016



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A different element of home security will be highlighted each week with the first week introducing NHSM and providing simple tips and advice.

The second week delves into total home security, exploring traditional security solutions for protecting the entry points to your home and any valuables within it. The third week looks at the growing smart security industry, and provides insight into how connected devices can keep you and your home secure at the touch of a button with added peace of mind thanks to remote access.

Week four raises awareness surrounding the darker nights to coincide with the clocks going back, encouraging you to make sure the exterior of your home and any outbuildings are fully protected. Then finally, week five provides seasonal advice to coincide with the increase in thefts and domestic damage around Halloween and Bonfire Night.

Want to get involved? Find out how by emailing info@homesecuritymonth.com

Remember to keep an eye out on our blog, Twitter and Facebook channels for the latest campaign updates and home security advice.

Which smart lock is right for me?

WHATEVER type of door you have, there's a smart lock to fit your home. Use the simple guide below to see which locks right for you.

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Timber?

A traditional timber door usually features a night latch, which has a single locking point that is often round-edged and spring loaded. Timber doors can be fabricated from softwood or hardwood, and can include glazed panels and a moulded fascia. Finished in either a natural glaze or a coloured paint, a timber door can be easily identified by the distinctive sound of knocking on wood.



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It's Carnival time in Chard once again!

CARNIVAL season is here and it won't be long until a whole host of floats and colourful characters will light up the streets of Chard. Things are a little different this year as our children's carnival will be on the same day as our main procession so the Children's Carnival takes place on Saturday 8th October starting at



Manor Court School at 12noon. The route will be down Mill Lane to Boden Street, up Fore Street

past the Guildhall, along Holyrood Street and then back to Manor Court. This normally takes less than 45 minutes and roads will be closed at this time using a "Rolling Road block". There is still time to enter if you would like please give Zoe a call on 07563690039.

A team of Harley Davidson motorcyclists will kick the parade off at around 7.15 – 7.30pm on Saturday and it will then be followed shortly afterwards with the rest of the colorful cavalcade.

Thousands of pounds have already been raised to put on the spectacle. The Grand Carnival Procession starts at Numatic in Tapstone Road before it heads up East Street, Convent Link, Old Town, Duck Lane, Crowshute Link, High Street, Fore Street, down East Street and finishes back at Tapstone Road.

The carnival started in 1967, representatives from the League of Friends and Chard Youth Centre met to discuss ways in which to raise money for the respective groups. Gerald Quick, Mervyn Ball, Tom Miller and Wendy Clulow decided that the best option would be to revive Chard Carnival, after a break of 13 years, as a way of raising money for the youth centre and Chard Hospital.

The carnival is now in its 49th year and has raised over £100,000 for local charities and organisations, including Chard Christmas Lights, Children's Hospice South West, Chard Hospital, chard rugby club, brownies, scouts and all the local schools.

Records and pictures dating back to the early 1900's show carnivals that took place in Chard to raise money for the hospital. There is a carnival display of costumes, merchandise and advertising upstairs in Chard Museum.

In the early 1970's, Chard, Ilminster, Wellington

and Taunton formed the South Somerset Federation of Carnivals, with Yeovil joining at a later date. This provided a competition for the best entries from the five towns taking part. Yeovil Carnival has since ceased to exist, but the federation of four towns remains.

Chard Carnival Committee chairman Jason Baker said there's all the last-minute stuff to sort out, but I'm looking forward to a fantastic Carnival and obviously keeping my fingers-crossed for dry weather." If you are able to help with marshaling or could help collecting on the night please get in contact as we need as much help as possible.

Jason said that he hoped people would dig deep into their pockets and help donate their spare change to swell the overall collection.

All money raised goes back into Carnival funds and is donated to local groups and organisations. Any group or organisation wishing to be considered for a donation should write to Jason via his email baker.jason@live.co.uk Recipients from last year's

Carnival collection will be considered again, but only after new applicants.



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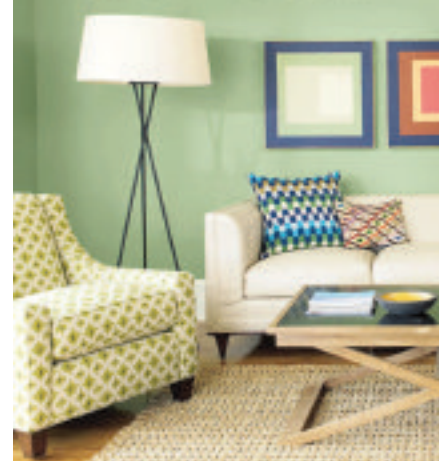
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Apples in a pot

By Hannah Stephenson, Press Association

WHETHER you're into a crisp crunch, a sweet, juicy flavour or the tart tang that makes a crumble or pie a dessert to savour, the apple is among the gardener's favourite.

We grow more apples both commercially and in the garden than any other fruit tree. But you don't have to have a massive space to get to the core of success, because you can grow apples in pots, although you'll need to give them more TLC than you would to trees in the ground.



Pot-grown trees may produce fewer fruit than those grown in the ground, but they can be grown on paved areas and courtyards in the smallest gardens.

Many apple trees can be grown in a pot, provided they are bought on the appropriate dwarfing rootstock, supplied with pollinating companion trees and kept well fed and watered.

Free-standing trees or upright cordons are best for growing this way, trained as pyramid or bush trees. Dwarf pyramids are conical in shape and trained to produce tiers of branches all the way up the main trunk, starting around 60cm above the soil surface.

Cordons are vertical 'poles' with short branching spurs along their length. Similarly, 'minarette' fruit trees, slender, columnar trees, bear their fruits on short spurs all the way up a vertical stem rather than on long, spreading branches.

Six to eight feet tall (1.8m-2.4m) when mature, minarettes are perfect for container growing, and can be planted as close as two to three feet apart in open soil.

Apples on dwarfing rootstocks such as M26 or M9 can be grown in large tubs or pots (38-45cm diameter) filled with John Innes No. 3 compost. These rootstocks keep the tree small and slow-growing, as well as bringing it into cropping early on in life, which means you may be picking your first apples within two years of planting.

Fill the pot to a level where the graft union of the fruit tree will be above the surface of the compost once it is planted. You will need to anchor a thick

bamboo cane into the bottom of the container to support the tree.

You will also need to make sure the container is stable since, particularly when the tree is in leaf, it can act like a sail and get blown over in a strong wind, potentially damaging both the tree and the container. Containers with a narrow base are therefore best avoided. If you put a stake in the pot, then you may be able to anchor it from the top to a nearby fence.

The RHS recommends the following culinary apples for growing in containers: 'Arthur Turner'; 'Bountiful'; and 'Howgate Wonder', while its dessert apple recommendations include 'Alkmene', 'Discovery', 'Falstaff' and 'Fiesta'.



Photos from PA Photo/thinkstockphotos.

With any pot-grown tree, don't make the mistake of potting into too large a planter too soon. A snug pot will not only keep the tree small and manageable, it should also force it into producing a good crop of fruit long before a similar tree that is planted in open soil.

According to fruit tree specialists Ken Muir (www.kenmuir.co.uk) it may be tempting to put a small plant into a large container straight away, but this is not advisable, as the volume of compost in relation to the roots is too great to create water movement and air circulation through the soil, which will result in stagnant compost and may in turn cause root death.

The vital thing is to keep container-grown trees well-watered, particularly during hot summers. Add water-retaining granules to the soil and mulch or underplant with spring bulbs or shallow-rooted plants that will keep weeds down and moisture in.

• Apple Day is on October 21. A series of events will be held nationwide during that month, including family days with the National Trust (www.nationaltrust.org.uk)



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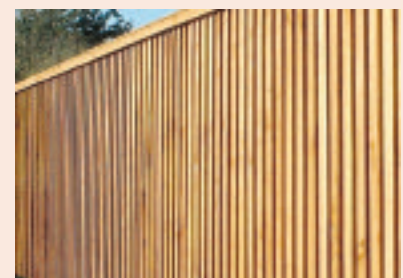
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A timely example, given the present gusty conditions, is Garden Fencing, where this can be replaced or repaired, depending upon condition and the budget available. This can be either Close Board, Panel (with or without Trellis), Post and Rail or Picket Fencing. Eden Garden Fencing and Landscaping also supply and fit Gates (see insets).

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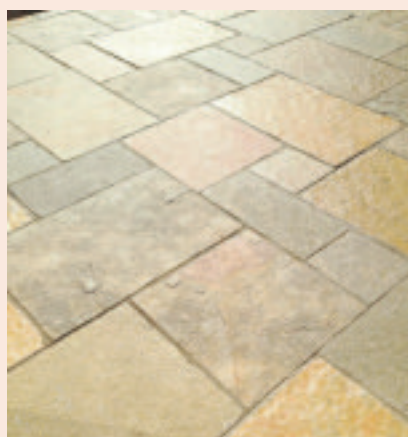
WESTCRETE is a small, friendly, family business that has offered a professional and dedicated service to trade and retail customers for over 50 years. Westcrete provides quality landscaping and building supplies as well as ready mixed concrete and screed for collection or delivery. Our comprehensive range of natural stone & concrete paving slabs are sourced from quality manufacturers, including an excellent budget range that offers great value for money! A beautiful range of natural limestone and sandstone paving ethically sourced, is also available at very affordable prices.

Gardeners, landscapers and builders can benefit from our extensive product range including decorative aggregates, building & gardening materials. Westcrete supplies a crane off-load delivery service and mini-mix truck allowing us

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Westcrete's excellent support service includes calculating quantities as required and giving advice to those wishing to do their own construction work.

Don't forget to check the Company's website www.westcrete-ltd.co.uk for their latest Special Offers, it also provides a useful selection of information and tips to customers from a beginners guide to laying a patio to technical advice.



Greenshutters Nurseries

GREENSHUTTERS Nurseries & Garden Centre is a family run business nestled in the heart of the Somerset countryside. It is open 7 days a week and stocks an extensive range of plants. The Garden Centre has completely changed in the last few years with the layout being completely re-designed. There are new entrances from the road and into the Plant Area and the old-fashioned wooden greenhouse has been restored to its former glory with its bright, white painted wood. Most of the plants are now on tables so you don't have to bend down to look at them and the layout has been designed to make the walk around the plant area enjoyable.

This year Greenshutters Garden Centre is stocking a much larger range of herbaceous perennials and roses, including new and unusual varieties. There is also a new range of quality garden benches dotted among the plants, so you are welcome to wander around the garden centre and take a rest as you go. You can even sit and enjoy the view over Taunton Vale and the Quantocks.

The business also incorporates EVERGREENHEDGING.co.uk, one of the largest stockists of evergreen hedging plants in the country. Thou-

sands of plants are grown every year on the nursery from small to large, mature hedging plants; the best sellers being Laurel, Leylandii, Photinia 'Red Robin' and Portugal Laurel. These are delivered locally or nationwide or can be collected from Greenshutters Nurseries and Garden Centre.

Greenshutters is run by Dr Roger Eavis, who bought the nursery in 1998 and the business has grown steadily every year since then. "We pride ourselves on good customer service and advice, good quality plants and I hope we have created a pleasant place to wander and enjoy the plants," says Roger, "We have a great team of staff who are always willing to help and give advice". Greenshutters Nurseries and Garden Centre is well worth a visit.

For more information visit their website at GREENSHUTTERS.co.uk or follow them on Facebook at [Facebook.com/GreenshuttersGC](https://www.facebook.com/GreenshuttersGC).



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Icing Occasions are celebrating their 1 year anniversary at Wheelers Yard, in Colyton

ICING Occasions is a leading bespoke cake company based in Colyton Devon.

Founded in the late 90's as a part time passion for cooking, it is growing every year and the company is headed by cake designer and sole owner Cathryn Andrews, who spent years training and learning all aspects of sugar craft & Celebration cakes this includes buffets for weddings, Birthdays and funerals.

Customer satisfaction is key to Cathryn's success. Cathryn is passionate about creating works of art for special occasions; renowned for irresistibly pretty and elegant designs that enthrall the taste buds and enchants the eye. She is one of those really lucky people who really loves her job, it can be both challenging and really rewarding.

Cathryn caters for people with Allergies to Dairy, Gluten, Wheat and also Diabetic's.

Icing Occasions has become a Regional Finalist for The Wedding Industry Awards 2015.

Collections or visits can be arranged to suit your needs.



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Lacemakers Cafe
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The Lacemakers Cafe is built on 400 years of Honiton's lace-making history.

Congratulations to Icing Occasions for their first year in Colyton

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Customer Reviews

"Thank you so much for my husbands man united inspired 30th birthday cake! It was beautiful!! And u couldn't even tell it was gluten free! It was so light and fluffy and the chocolate milkshake icing was amazing!! Will definitely be returning when I need another xx"

"This lady does the most amazing cakes. I will whole-heartedly recommend her. She works wonders and bends over backwards to produce the cake to you specifications. She communicates at every level of production. I will use again. Thanks very much. My daughter loved her three-tier wedding cake".

Cathryn caters for people with Allergies to Dairy, Gluten, Wheat and also Diabetics

CATHRYN Andrews took the first steps into the Cake Business some 35 years ago, firstly providing friends and family and the many raffles for schools etc.

In 2011 Cath decided to open up her own shop business in Honiton but in 2015 she decided to bring Icing Occasions to Colyton, Devon.

Cath wanted to change the whole spectrum of her Cake Baking and provide not just a cake business but Classes, Courses, Retail Shop selling Accessories for the would be bakers, Children's Bake Off Parties, Hen Parties and modeling classes.



List of Services

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FREE EVENT Health & Wellbeing

Saturday 8th October at Axminster Guildhall 10am - 4pm

Axminster Health & Wellbeing Centre

Exhibition

Hanover House, Chard Street, Axminster, EX13 5DZ

www.axminsterwellbeing.com | info@axminsterwellbeing.com | 01297 32331



Osteopathy in Axminster

Elizabeth Clayton DO

OSTEOPATHY is a hands-on treatment commonly used to relieve aches, pains and stiffness in people of all ages including babies and children. Osteopaths train for four years full-time and then must continue to do post-graduate training every year. Osteopaths look at the WHOLE BODY, not just the bit that hurts, as everything in the body is interconnected and this is what makes our job so interesting. We use massage, gentle mobilisation of joints and very gentle "cranial" (or "cranio-sacral") osteopathy techniques to release tension throughout the body. When we release tension in the structure of the body it tends to then function more comfortably and more efficiently, whatever age we are. We give advice about exercise, body-use and posture to help you make the most of your osteopathic treatment and to help you to manage your symptoms. Elizabeth has a special interest in helping pregnant women, babies and children; please do contact her to ask questions about this or any other aspect of osteopathy. She is happy to give informal talks to small groups. Osteopathy can help with headaches, back and neck pain, joint pains and many other discomforts. Osteopathy helps you to be more relaxed. Please ask if you are unsure whether you and your symptoms are suitable for osteopathy.



Elizabeth Clayton DO MSCC
Registered with General Osteopathic Council
Graduated 1990
Tel: 01460 220854 / Mob: 07773 122832

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Celia Guppy

Look great, feel fabulous and enjoy life!

CELIA has helped others look and feel their best for over 30 years. She is a highly qualified and experienced hair stylist, exercise and health coach, personal stylist and Neuro-linguistic practitioner (NLP), with a wealth of success to her credit.



Celia's skills in NLP Coaching will help you to: Reach your personal goals, Lose weight or maintain a healthy weight, Increase your confidence and self-esteem, Master the art of interviews or public speaking, Feel calm and confident in any situation, Improve your body image and Get "into the zone" for sport or performance.

NLP explores future possibilities and solutions to improve all areas of a person's life. NLP is often regarded as 'a tool-kit for the mind'.

Personal styling will help you to: Dress to flatter your body shape, Recognise and emphasise your best features, Look slimmer or more curvy, Elongate your legs or torso, Create a balanced silhouette and Choose colours that complement you and lift your mood.

Save yourself money and time in the future, look great at every age and feel more confident.

Train smart will help you to: Improve your health and well-being, Get great results in the quickness and most enjoyable way, Understand your body structure and how to achieve your best body shape and Stay motivated to exercise long term.

Bespoke hairstyling will create: Fab hair: your 24-hour accessory, Extra time to discuss the best styles to suit your face shape, hair texture and life style. Each hair cut is created with care and precision in a highly professional and peaceful environment.

Celia has developed a friendly, holistic and bespoke service tailored to suit your individual needs. She would love to help you look good, feel fabulous and enjoy life.

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Body-Balance Nutrition Elizabeth Bray

Nutrition Facts & Information from Registered Nutritional Therapist Elizabeth Bray of Body-Balance Nutrition

WHAT are superfoods? Superfoods are nutrient dense foods that are beneficial to health, for disease prevention, strengthening the immune system, protecting cells from damage and inflammation, providing a delicious source of vitamins and minerals.

Superfoods: Bliss balls with Maca



- 200g walnuts
- 50g almonds
- 1 tbsp Maca powder
- 3/4 tbsp raw honey
- 1 tbsp pumpkin seeds
- 1-2 tbsp coconut oil
- Pinch of sea salt
- 10 Mejuol dates (dstoned)
- Optional bee pollen 2tsp

Method: Soak walnuts & almonds in water (add just boiled water) for 2 hours, with 1/2 tsp salt. Drain and spread out on baking tray, dry in oven at 110 degrees C for 1 hour. Add all ingredients to blender and whizz together. Roll in to 1 inch balls and set in fridge for minimum 10 minutes.

- Then ready to eat.
Super food protein treat - a great snack and pick-me-up providing slow energy release.

Contact Elizabeth Bray at Body-Balance Nutrition for appointments and information on scientific laboratory tests available at the consultation: 01823 480570 or visit the website: www.body-balance.co.uk.

Appointments at Axminster Health & Wellbeing Centre and in Taunton.



Body-Balance Nutrition

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Feeling below par? Call 01823 480570
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Bowen Therapy & Energy Healing

WHY AM I IN PAIN?

THE idea that pain means injury or damage is deeply ingrained within our consciousness.

Of course, if the pain starts when one is engaged in physical activity its difficult not to attribute the pain to the activity.

But this pervasive concept of the vulnerability of the back, of ease of injury, is nothing less than a medical catastrophe for the general public.

We now have an army of semi disabled men and women whose lives are significantly restricted by the fear of doing further damage or bringing on the dreaded pain again.

One often hears: "Im afraid of hurting myself again, so im going to be very careful what i do". In good faith this idea has been fostered by the medical profession for years. It has been assumed that neck, shoulder, back and buttock pain is due to injury or disease of the spine and associated structures or incompetence of the muscles and ligaments surrounding these structures without scientific validation of these diagnostic concepts. Melanie Philip said: "My work in the field of Bowen & Energy Healing has brought me gratifying success in the treatment of these disorders based on a very different observation. The majority of these pain syndromes are the result of a condition not only in the muscles, nerve, tendons and ligaments but very interestingly from within our very own energy system, how we use our energy and how it is flowing or not as the case may be and 9 times out of 10 you can bet this to be brought on by past or present Tension or Stress.

The primary objectives in Bowen & Energy Medicine combined is to balance your body's energy for optimal health and to physically create an unwind effect through the soft tissue by using gentle rolling type moves over specific areas. This has the potential to address the accumulated tension holistically and to set up the process of healing and repair."

Come and have a taster session with me at the Axminster Health & Wellbeing show on the 8th October.

For more information or to take advantage of my offer please call Melanie on 07715 952896.



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Offer ends 31st October 2016

To make an appointment call Melanie on 07715-952896
www.bowentechniqueindevon.com



FREE EVENT Health & Wellbeing

Saturday 8th October at Axminster Guildhall 10am - 4pm

Axminster Health & Wellbeing Centre

Hanover House, Chard Street, Axminster, EX13 5DZ

www.axminsterwellbeing.com | info@axminsterwellbeing.com | 01297 32331



Traditional Acupuncture Val Davis

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and re-stores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other niggling problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

So, why not give me a ring and see if I can help.



Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.
(Member of British Acupuncture Council)
(20 years experience)
(01395) 578050 • www.devonacupuncture.org.uk

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Val Davis B.Sc., Lic.Ac.,
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20 years experience

Appointments available in Axminster & Sidmouth
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The Health & Wellbeing Exhibition

Come to our Health and Wellbeing Exhibition on Saturday 8th October at Axminster Guildhall from 10am – 4pm

THIS is a fantastic opportunity to find out how you could lead a healthier lifestyle. There will be over 25 stallholders exhibiting which includes a variety of complementary therapies, many of which you will be able to sample on the day. There will also be the opportunity to investigate sizzling minerals, lavender, art works and a range of teas. Throughout the day we are also selling light refreshments including a range of delicious cakes. Axminster Health & Wellbeing Centre is an established charity, based in Chard Street. We support the community by running Axminster Food Bank, hosting Wishing Well a cancer support group and supporting Read Easy – an adult literacy programme. We are helped by a fantastic team of volunteers. If you would like more information then please call us on **01297 32331** or **join us on Saturday 8th October at Axminster Guildhall.**

Room Hire

Our comfortable and well equipped rooms offer massage couches, chairs, black out blinds and sinks for treatment sessions. We also cater for small meetings or larger gatherings for talks, workshops or exercise. Our room hire prices are very competitive. Please visit the Centre, ring us on **01297 32331**, or visit our website www.axminsterwellbeing.com to make bookings or for more information.

Therapy of the Month - Bowen

Melanie Philip has been practicing Bowen

for 6 years in the East and Mid-Devon areas, she is also a Hatha Yoga teacher and more recently introduced Energy Healing into her work. She has found this fusion to deepen and profoundly affect her client's healing journey.

Developed in the 1950s in Australia by Tom Bowen, Bowen Therapy is a stimulating and restorative holistic therapy which aims to relieve pain and inflammation by releasing congestion and aiding the body's own healing process.

Bowen is a non-invasive therapy which involves the therapist rolling their fingers and thumbs over muscle, nerve and connective tissue areas, interspersed by periods of rest. The ultimate goal is to reset the body systems and trigger the body's self-healing process. To learn more please visit www.bowentechniqueindevon.com or call **07715 952 896**.

Nutrition

Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Liz Bray uses a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. These include scientific laboratory tests, pH dietary balance, food diaries, food intolerance testing, vitamin and mineral assessment, tests for nutritional imbalances, hair mineral analysis, allergy testing and a wide range of other tests as appropriate to the individual. Contact details for Liz are as follows: Email: info@body-balance.co.uk - Tel: **01823 480570 / 07980 601670**.

New Classes / Talks:

- Pilates with Jane Darcy - call 01297 32331 to register
- Tai Chi/ QiGong with Simon MacCormack - call 01297 32331 to register
- Mindfulness Drop in Sessions with Kath Woods - October 10th, November 7th and December 5th
- TRE (Tension/ Trauma Releasing Exercises) FREE introductory talk – Friday 21st October 7pm – 9pm



Health & Wellbeing Exhibition

Sat 8th Oct
10am – 4pm
Free Entry

Barbara Bell

PRECISION Reflexology is a gentle, non-invasive and wonderfully relaxing therapy which can be used to help treat a wide and diverse range of conditions. Precision Reflexology is carried out by massaging, stimulating and the linking together of specific "reflex" points on the feet (or hands). These reflex points are connected to corresponding body parts via the nervous, circulatory, lymphatic and energy systems. Precision Reflexology allows the body to relax, rebalance and heal itself.



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Deborah Pearce Hypnotherapy

What exactly is Hypnotherapy?

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Hypnotherapy is more than just hypnosis. It is underpinned by psychotherapy techniques designed to help you change unwanted habits of thought.

Deborah Pearce is a highly qualified and experienced Clinical Hypnotherapist, Supervisor and Course Lecturer, practising across East Devon. She explains:

"I use Solution Focused therapy techniques, which means we don't analyse the past or what's wrong. Instead we focus on how you want things to be. It's a very powerful, uplifting experience, and over the years I have helped many hundreds of clients achieve a better enjoyment of life."

Hypnotherapy can help with a wide range of issues, including:

Anxiety, Stress, Lack of Motivation, Problems Sleeping, Confidence, Weight Management, Phobias and much more.

If you want a better experience of life, contact Deborah for a FREE initial consultation, which includes a FREE relaxation CD.



Deborah Pearce
Hypnotherapy

Solution Focused Hypnotherapy

- Anxiety • Stress
 - Confidence issues
 - Problems sleeping
 - Self-hypnosis for childbirth
- FREE** initial consultation
includes FREE relaxation CD

Appointments available at:

- **The Health & Wellbeing Centre, Axminster**
- **61 Mill Street, Ottery St Mary**
- **Ebdons Court Natural Health, Sidmouth**

t: 01404 813388 m: 07939 840788

Deborah Pearce HPD Clinical Hypnotherapist

e: dpearcehypno@gmail.com
www.deborahpearce.co.uk

Health & Wellbeing

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Terry New Denture Clinic

Dentures from the comfort of your home

TERRY New's Denture Clinic offers a service that few can compete with. Terry has been in the denture business for more than 30 years, and got introduced to the business by a relative who was a technician as well.

He visits a lot of homes, and is one of the few practices in the country who is legally qualified to make dentures without the involvement of a dentist. He can make dentures straight to the public, which saves a lot of time and hassle.

"I do a lot of home visits, and meet a lot of people and go to a lot of residential homes," Terry said. "I offer one on one service, at competitive prices."

Prices are extremely competitive even for those with a limited budget. Terry also offers a denture repair service, while customers wait.

"As I work from home, I do offer service at weekends, if I am around."

Based near Ashcot in Somerset, Terry can do home visits within a 25 mile radius of his home. For more information call 01458 210039 or cut out and keep this advertisement for future reference.



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5 reasons to take up Pilates

By Abi Jackson, Press Association

SOME love the rhythm and solitude of a long Sunday morning run, others get their kicks from the squeals of rubber soles and balls whizzing high-speed around a squash court, while clipping a lead on the dog and braving whatever elements for a stroll on the beach does it for many. When it comes to moving our bodies, it's different strokes for different folks.

But there's one form of exercise that ticks so many boxes and offers so many benefits - all of which many of us greatly need in our 'Stress Epidemic!', tech-addicted, 'Sitting down is the new smoking!' lives - that whatever else you enjoy, you'd do well to consider giving it a go.

Like thousands of others, it was back pain that first led me to a Pilates studio (just a bog-standard room at the local leisure centre; you don't have to fork out for fancy classes), and it's the closest thing to a panacea I've ever discovered, doing far more than simply improving my posture and providing a top-to-toe stretch.

Here are five reasons to take up Pilates...

It encourages us to think of our body and mind as one

"Pilates in its gentlest form is very much a mind/body discipline. It calms you both inside and out, connecting you to your deeper core muscles," notes personal trainer and Pilates instructor, Mary Huckle (www.breakthroughfitness.co.uk). Many ancient health philosophies - which, remember, informed much of modern medicine - revolve around holistic principles, which basically means that body and mind are linked. It's something Western societies have lost touch with in modern times, but we only have to look at ourselves and our own experiences to be reminded just how true it is that physical and emotional health are closely intertwined: how you get more colds when you're stressed; why that headache intensifies when you're under pressure; how positive distractions can take the edge off that sore knee... "Holistic exercise is the 'buzz' in the industry right now, and Pilates is hugely popular. It's a challenging deep-core workout, but is much kinder to body and mind. It allows you to be mindful and focus on the inside, and encourages slower-paced movement based around great technique. The perfect way to take time out, while still getting an amazing feel-good workout!" says Elaine Denton, personal trainer and group health and fitness support for David Lloyd Clubs (www.davidlloyd.co.uk).

It could make you a better runner/cyclist/tennis player, etc

If you think Pilates isn't 'your thing', because you prefer a particular sport or more vigorous exercise, think again. A strong core, good alignment and even better breathing technique will all help support your body in your fitness pursuits elsewhere. A good core isn't just about blitzing those abs crunches; there's far more to it - and investing a little time in it through Pilates could pay dividends in terms of boosting your overall performance in whatever exercise you enjoy and preventing injury. "In terms of runners, sometimes a slight imbalance in the body will go on to create problems because it's such a repetitive movement you're doing. Even a small adjustment in your posture or in your core stability can make a huge impact," says Lynne Robinson, founder of Body Control Pilates (www.bodycontrolpilates.com).

It can help with chronic pain management

Of course, anybody with a medical condition or chronic pain problems should seek professional advice before embarking on any new exercise regime - but providing you listen to your body, start gently and stay within your limits, Pilates could become a central, possibly even life-changing, part of how you manage your condition in the long-term, both physically and psychologically. Strengthening your core and keeping muscles loose can help to support your body, removing strain from joints, for example. Pilates can also provide a gentle way of keeping your circulation up, hopefully helping relieve pain over time and bring about an often much-needed sense of doing something positive for your body. "Exercise is being described as the new drug, and in particular Pilates is being prescribed by more and more GPs as either an alternative to drugs or as a complementary therapy. It also has proven benefits for sufferers of neurological conditions, as well as the more common postural alignment benefits, for example, improving lower back pain and in certain cases, even avoiding surgery," says Huckle.

It relieves stress

Fans of Pilates are well aware that it works wonders for the mind as well as the body, and a recent study found Pilates really does help us deal with mental and emotional stress. "The scientists at the University of Pittsburgh have identified a circuit, which directly links part of the brain to the adrenal medulla (this is the inner part of the adrenal gland, which triggers an adrenal surge when we feel stressed). The very same network is also associated with the part of our brain which controls movements," explains Robinson.

Physiotherapists often recommend it

When you have a history of injuries or musculoskeletal problems, perhaps associated with back pain (as we know, extremely common in the UK!), it's easy to think you need to avoid physical activity as much as possible. Experts are increasingly trying to highlight that, in fact, the opposite is true, and staying as regularly active as possible is actually vital in managing such problems. Of course, some people may need rest periods and you'll still need to be sensible, but there's good reason a lot of physiotherapists encourage patients to take up gentle Pilates. "Pilates sessions can really help manage back pain. At Boost Physio, we have special remedial Pilates sessions and classes for women suffering from back pain or recovering from injuries. We work with our clients on safely strengthening the core posture, deep abdominal muscles and pelvic floor muscles that protect and support the spine. This is ideal for women recovering from back injuries or spine problems and regular Pilates sessions are fantastic for recovery, long term pain management and prevention", says Laura Herman of Boost Physio (boostphysio.com).



5 salt myths

By Sophie Cockett, Press Association

MOST of us are well aware that high blood pressure is a major risk factor for some of the UK's most common killers, such as stroke and coronary heart disease. But are you aware just how big a role salt consumption can play in developing high blood pressure in the first place?

Even if you are clued up on this, there's still a chance you're not entirely sure how much salt you're consuming - especially if you regularly eat processed foods (things like ready-made sauces, basically many of the foods you're not preparing from scratch), which, according to Consensus Action on Salt & Health (CASH), around 75% of the salt in our diets comes from.

According to recent research from low-salt alternative brand LoSalt, nearly two-thirds of people (63%) are not actively reducing their salt intake - which indicates there's still a lack of awareness around the white stuff and its associated health risks.

So what else do you need to know about salt intake? We've done some salt myth-busting to point you in the right direction...

MYTH: You can eat as much salt as you like...

False! We need salt to survive, so cutting it out entirely is NOT the goal. However, too much of it can lead to potentially serious problems down the line. As many as three-quarters (75%) of the population don't realise that 6g is the maximum daily recommended salt intake, according to the LoSalt survey. There's two components in salt: sodium and chloride, and it's the sodium that is doing the damage because it can lead to high blood pressure. Although most people with high blood pressure don't realise they have it, it is responsible for around 50% of heart disease cases and 60% of strokes, according to the World Health Organisation.

MYTH: Rock salt is healthier than regular salt...

Many people believe trendier sea and rock salts are healthier than regular salts, but this is incorrect. Nutritionist and dietitian Azmina Govindji says: "They contain the same amount of sodium chloride: 100%! Sea salt may contain traces of other minerals, but the levels are too low to have a health benefit and so it is not healthier for you than any other salt."

MYTH: Saltless food is bland... Extra salt added during cooking makes up 20% of our salt intake, notes Govindji. Granted, this might not sound like much, but it's the chunk of our intake which we're most in control of. We might think our dinner will taste bland without a sprinkling of salt, but this isn't strictly true. "By reducing a little here and there, you'll soon find your taste buds become accustomed to not having such high levels of salt and you'll have less need for it in cooking and for seasoning food," says Govindji.

MYTH: There are no alternatives to salt... For those who really can't go without the taste of salt, brands like LoSalt offer an alternative to the traditional white stuff. It still contains all the flavour of normal salt, but contains 66% less sodium. Also, try herbs and spices, vinegar or a dash of lemon instead to give your food the punch of flavour that salt usually would. Dill tastes great with fish, rosemary is wonderful with meat, and basil will finish off a pasta dish perfectly.

MYTH: Cutting out salt in cooking is all you need to do... Not adding salt to cooking is a good start - but it's important to remember that this is only a small part of the solution, and there's plenty more we can do. The food we buy fresh in supermarkets can still be salt heavy, so always read the labels. If you can't always cook from scratch, choose low-salt options and avoid the red traffic light on food labels! Eat notoriously high-salt foods, like cheese, bacon, ham, salted and roasted nuts and salami, in moderation, and watch out for ready meals, pizzas, pasta sauces and bread. They're usually far higher in salt than you might think!



Podiatrist/Chiropodist Lindy Parry

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



Lindy Parry Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HPC Registration number CH26100)

Townsend House Medical Practice Seaton

To make a booking please call

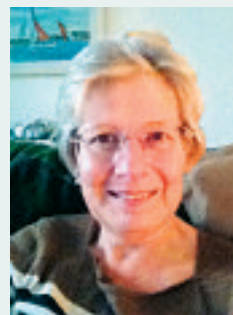
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Clinical Hypnotherapy Michelle Hague

Stoptober is upon us, so what would you like to stop or change?

STOPTOBER

is an country wide campaign calling on all smokers to quit smoking, starting on October 1st for one month. There is some research to support the idea that if you can stop smoking for 28 days, you're five times more likely to quit for good. The campaign is being supported all over the country, but what else could you apply this idea too, are you ready to make changes to your life?



It may be that, there is something stopping you. The small voice of self doubt, the negative self talk that tells, you can't, you failed before so what's the point? Or the will power just isn't there, do you put a moment of pleasure before your health and wellbeing or that of others before yourself?

If you want to change something in your life and are ready to make a commitment to yourself, then hypnosis can help, it has helped many people in the past, and it may just be the extra support you need to start hearing the voice within you that tells you 'YOU CAN DO IT'.

Clinical Hypnosis, works with many presenting conditions from stress and anxiety to phobias and fears, to helping you reflect and look at the journey you have taken to the behaviors you have unwittingly tuned into unhealthy habits, an much more.

Please make sure when you look for a hypnotherapist that they are registered with a recognised governing body like the Complementary and Natural Healthcare Council (CNHC) or British Society of Clinical Hypnosis (BSCH) and that their training was comprehensive, there are many courses some more thorough than others, no one will mind if you ask who they trained with and what qualifications they have.

If you would like to know if hypnosis can help you, please call Michelle Hague on 07761773563.

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East Devon Physio Sports & Rehabilitation Clinic



HEATHER Martin and the team at East Devon Physio, Sidford, are pleased to welcome a new physiotherapist to the practice.

Sally Morris BSc (Hons) MCSPAACP.

Sally graduated with a BSc (Hons) degree in Physiotherapy at Oxford Brookes University in 2007. The following year she qualified with an Active IQ Level 3 certificate in Personal Training and Sports Massage Therapy. Since 2008 Sally has worked as a Senior Specialist Physiotherapist at a number of military bases across the UK and abroad.

Her work has included 4 years as the lead Physiotherapist at 30 Commando Royal Marines, alongside which she provided pitch-side Physiotherapy for the Royal Marines Corps Rugby Union team. Sally has also specialised in spinal rehabilitation at DMRC Healdy Court and deployed to Norway as Clinical Lead for Arctic Warfare training in 2014.

Sally has continued to add to her clinical expertise with qualifications in Acupuncture Kinesiology taping and APPI Pilates.

East Devon Physio also provide modified Pilates classes on Tuesdays and Wednesdays. The Physiotherapists teach the exercises on a therapeutic basis so our classes are suitable for all clients including those suffering from pre-existing pain.

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Health & Wellbeing

LOOK GOOD FEEL GREAT



Roots to Health Modern Herbal Medicine

AT THE beginning of next month, local medical herbalist practice Roots to Health are to open a full-time clinic at 122 Honiton High Street — a project that has been in fruition since the firm's inception.

Although Roots to Health have previously offered clinic days across the week in Honiton, Sidmouth and Axminster, the growing popularity of herbal medicine as a complementary approach to modern wellbeing has increased demand in turn, and this expansion to a permanent full-time location will allow many more patients to be served.

This great success is, in part, thanks to a rising awareness of the need for balance in our lives. Today's world runs at high speed, and the rate of technological innovation means that when it comes to health, many will claim that newer is better. However, the continual success of alternative routes to wellbeing has given rise to a vocal new movement advocating a return to long-proven treatments which naturally bring about fewer side effects than common medications, and work in harmony to support the body's own systems.

The use of plant extracts to treat an enormous variety of health complaints is the oldest and most widely-used form of medicine known to mankind. Many contemporary medications include ingredients synthesised from chemical compounds found in plants, while records of natural remedies still used today exist as far back as Ancient Egypt. In combination with rigorous scientific research, this long and distinguished history means that herbal medicine is a viable path of treatment in this day and age, whether alone or in conjunction with conventional treatments.

Common complaints treated by medical herbalists include psoriasis, eczema and other skin conditions, peptic ulcers, raised blood pressure, allergies, hay-fever, premenstrual tension, arthritis and many more.

As well as providing holistic treatment in the form of tailor-made prescriptions for these and many other ailments, Jayne Palmer BSc MNIMH — the qualified practitioner behind Roots to Health — also offers NHS weight-loss management programs, and is trained in the provision of reiki healing and ear care, along with phlebotomy and dietary needs.

In addition, Roots to Health treat conservation and preservation as a matter of vital importance, practising herbal medicine in harmony with the natural world from which plant resources are drawn. Sustainable prescribing is a focus, and organically grown plants are used wherever possible, while the use of locally grown plants is central to the concept of 'local remedies for local ailments', in recognition of the fact that we are all connected to the environments that surround us.

Aiming to bring a natural, holistic treatment style back into the mainstream, Roots to Health are on a mission to secure herbal medicine's rightful place in the ranks of everyday approaches to wellbeing. Come in for a free, no-obligation chat on the high street next time you're in town — why not see what medical herbalism can do for you?



ROOTS TO HEALTH
Modern Herbal Medicine

Herbal medicine is based on thousands of years of tradition and rigorous scientific research, using plant extracts to treat common health complaints.

Jayne Palmer, BSc Phytotherapy, Member of the National Institute of Medical Herbalists, is a local herbalist with a new clinic in Honiton at 122 High Street. Jayne runs a Herbal Emporium, offering herbal remedies, preparations and prescriptions, treating a wide variety of ailments for which you would ordinarily see your doctor.

Call for a FREE, no-obligation chat

Text or call 07984 227035

Visit www.rootstohealth.co.uk

Follow on Twitter: @herbyjayne

Weddings²⁰¹⁶



*A 9 page guide to planning your perfect day in
East Devon, West Dorset and South Somerset*

The Windwhistle Inn

AN historic country pub set in 5 acres of beautifully maintained gardens the Windwhistle is a fantastic location for a wedding with simply stunning views over Somerset.

There is plenty of space to achieve whatever your plans may be and the views mean that your wedding photographs will have an exceptional backdrop. Every couple is different and therefore so is every wedding and here at the Windwhistle we will work with you to design the perfect day to suit you as individuals and of course your budget. As a venue we do not impose a set formula but instead work around your vision for your perfect day.

Our recently re-decorated function suite offers the perfect backdrop that can be transformed to fit any theme and with the addition of our gardens and amazing views the Windwhistle offers something different from other venues. Alternatively why not use our 5 acres to put in a marquee – the choice is yours. We have many different food options from Carveries, Hog Roasts, A La Carte wedding break-

fasts, Afternoon Teas and BBQ's and we are always ready to try something new if you have an idea in mind. Our motto is: your day, your way.



The Windwhistle Inn



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Email: info@hooke.court.co.uk



Kingston Maurward

Kingston Maurward Wedding Fair Sunday 9th October

SET in the heart of the Dorset countryside the 18th century mansion house and gardens are the idyllic location for your perfect wedding.

With its parkland approach and sweeping drive, the Georgian mansion house and ornate rooms set the scene for a civil ceremony, wedding breakfast and evening reception. Come along to the Wedding Fair on Sunday 9th October - 11am-3pm and £3.50 per person with a free complimentary drink on arrival.

Come and meet the friendly and professional team to discuss your perfect day, whether you want a ceremony, reception, intimate wedding, same sex wedding, or full event – your day will be tailored to you.

Everyone from photographers, transport and jewellers, to bridal wear, flowers and cake designers will be there to book on the day.

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Hornsbury Mill

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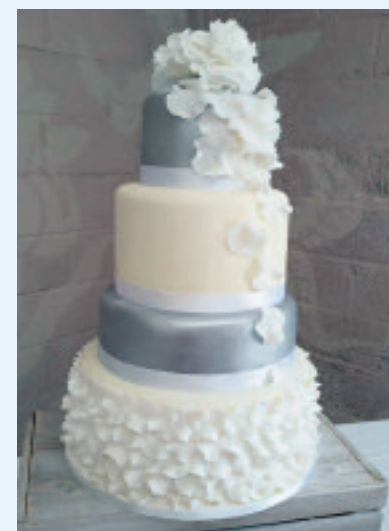
The wedding ring is the one lasting reminder of the promises you both make to one another on your special day. The meaning of the wedding ring can be traced back almost 5,000 years. It is said the wedding ring tradition was first originated by the Egyptians who some 4,800 years ago twisted plant material (such as hemp) into rings and bracelets. They believed the round symbolism of wedding rings was linked to an eternal love with no end. Use of the wedding band symbol is mentioned in the hieroglyphics on the walls of Egyptian tombs as translated by archaeologists. These days we use precious metals to make our wedding rings - including silver, gold, palladium and platinum. At Wessex Jewellers, we can measure you and advise on the best fit, style and material for your individual needs. We can also supply shaped wedding rings to sit next to your engagement ring. Alternatively, we can cut a section out to fit or even add a diamond or two!

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SYMONDSBURY Estate has two wedding venues. Both are situated in the beautiful West Dorset countryside surrounded by far reaching views of hills and woodland, offering privacy and peace. With a first class chef, superb modern facilities and excellent service, we think you will agree that Symondsburys is the perfect location for your special day.

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farmhouse in a tranquil setting just outside the village of Symondsburys and is an ideal location for a stylish wedding, it also provides accommodation for guests.

Both of our venues are licensed and we can help you plan your wedding day to include a civil ceremony together with a reception. With a dedicated member of our team working with you, mindful of your plans, and with experience of holding wonderful weddings, you can be certain your day will be superbly organised, whatever the season.

To arrange a viewing or for further information please contact Amy on 01308 424116 or email amyday@symondsburysestate.co.uk



▲ Photo by Lyme Bay Photography

Michelle Hague - Clinical Hypnotherapy

Helping to cope with stress and anxiety *Don't let flying stop your honeymoon choices*

ANXIETY and stress can often create symptoms that in time cause illness. Anxiety is known to produce noticeable physical symptoms, such as rapid heartbeat, high blood pressure, and digestive problems. In General Anxiety Disorder (GAD) and Social Anxiety Disorder (SAD) the symptoms become so severe that normal daily functioning. Clinical Hypnosis and Cognitive behavioural therapy (CBT) are common treatments for stress and anxiety disorders and can be very effective in changing thinking and responses. In contrast with CBT and in many ways very similar to Hypnosis Mindfulness and mindfulness-based therapies (MBTs) seek to change the relationship between the anxious person and his or her thoughts.

In mindfulness, the person focuses on the bodily sensations that arise when anxious. Instead of avoiding or withdrawing from these feelings, the focus is on remaining present and fully experiences the symptoms of anxiety. Instead of avoiding distressing thoughts, opening up to them in

an effort to accept that they are not literally true, just ideas and imaginings often related to the past or future events but no less unreal in the present. By remaining present in the moment aware of the breath and the body, individuals can learn that the anxiety they experience is merely a reaction to thoughts. By positively responding to threatening events instead of being reactive they can overcome an mistaken stress fight-or-flight response, and take control of their life.



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There are two rooms licensed for civil ceremonies: the larger one is the magnificent Great Hall which seats up to 200 guests; for a more intimate setting, the Monks' Refectory offers a charming alternative and can seat up to 80 people. A blessing may take place in the Chapel.

All of these venues lead out onto the Abbey's enchanting gardens and are equally suitable for summer or winter weddings.

For more information or to arrange a wedding viewing please call 01460 220231, email susannah@fordeabbey.co.uk or visit our website www.fordeabbey.co.uk



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Lazy Sun Days

LAZY SUN Days is a local family business which has been hiring Deck Chairs and children's Bouncy Castles for over a decade since 2005.

Deck Chairs offer attractive and unusual seating which has proved extremely popular for a variety of different occasions including weddings, garden parties, concerts, open air and corporate events. Traditional deck chairs are available in red/white and blue/white stripes. Also, new for 2017, Giant Deck Chairs will also be available. Deck Chairs can be hired throughout the South West, with free delivery and set up included within a 30 mile radius of Honiton.

In recent years there has been a trend towards personalized weddings. Deck Chairs offer a unique addition to any wedding and can be tailored to suit most themes. For example Lazy Sun Days have supplied Deck Chairs for a wedding blessing on the cliffs at Ladram Bay, a reception on Greenway Quay, where the Bridal party arrived by boat, many receptions in the grounds of country houses, private gardens and family farms, and even indoor receptions at Village Halls.

If you are planning a wedding, Lazy Sun Days would be pleased to hear from you. They offer a friendly and flexible service and are keen to play their part in making your special day special.





Lazy Sun Days



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Deck Chair Hire

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The designs vary from seamless and shape-wear to delicately embroidered fancy styles. The size ranges from a 28-50 band size and AA-K cup size. Favourite brands include FANTASIE, FAUVE, PANACHE, LEPEL, AUBADE, CHARNOS and TRIUMPH.

We have a wide range of wedding lingerie catering for all different dress designs. Nowadays, bridal gowns as well as bridesmaid dresses are made in all shapes.

Off the shoulder and low back designs are extremely popular and it is important that supportive lingerie is fitted to flatter each individual style.

Our beautiful and extensive ranges of underwear provides sufficient support and shaping underneath all garments. With the vast range of lingerie available you will also find something suitably tasteful for your honeymoon.

A fantastic range of swimwear is kept in stock all year round, the miracle suit has proved to be very popular "Lose 10lb's in 10 seconds!" Swimsuit, Tankinis and Bikinis come in all sizes and with matching accessories and cover ups. Sizes 30-48 A-G Cup.

Make an appointment and bring along your wedding outfit to be fitted correctly, whatever your size and requirements just walk in for a consultation.



If your desired garment is out of stock Silk Stocking can order for you. For further details or to make an appointment call 01297 24440.



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Prima Moda Brides of Ilminster

PRIMA MODA Brides of Ilminster has been offering a personal and professional service for over 12 years. Known for the latest designs and unique choice of gowns the business has grown in reputation with many brides travelling from all over the country and even abroad to find their perfect gown.

To celebrate 12 years of trading we are offering great discounts on wedding gowns and bridesmaid gowns on orders placed. A great selection of wedding gowns and bridesmaid gowns are also reduced. We pride ourselves on offering a unique choice of wedding gowns for the bride to be, giving that personal one to one service to ensure

the bride has our full attention, making them feel very special.

Jean is an exclusive stockist for the stunning Mon Cheri and Venus bridal wear in the South Somerset area along with the Mori Lee collection. Sarah Jackson Couture to have your own gown designed and made for you is also available and to go with this, Sarah designs and makes bridesmaids and mother of the bride & groom for that all important day.

We are offering a selection of the Christina Wu collection and Prima Moda Brides are the only supplier of these gowns in Somerset.

The shop has generous space with natural lighting, very important for choosing colours

and fabrics to suit you. The very spacious mirrored changing rooms are a must to be able to see the gowns at their full advantage, which you can now see from the comfort of your own home through our virtual tour. To see the whole effect accessories are available with Richard Design

veils and tiaras and Rainbow Club shoes. A comfortable seating area for the brides family and chosen friends is always a must.

Jean offers a friendly, reliable service, and coupled with many years of experience, can guide you in the right direction when it comes to choosing that perfect dress for your special day. We would like to welcome Kaye James to the team, Kaye has joined us as a seamstress and designer along with Sarah Jackson. So pay a visit to the shop today and let Jean do the hard work for you!

Testimonials

"What a fab team and service. Nothing too much trouble. So friendly would recommend to others. Thank you for making my daughter feel and look so special." - Lesley

"Jean, thank you so much for your kindness, patience and impeccable taste! For someone who was dreading the whole experience you have made it really enjoyable and I love my dress!" - Sarah

"Words cannot express my thanks. Jean, you are a star. You have made things so much easier. You are professional and so warm. I adore youxx. Thanks for your work Sarah. You made my dress mine xx." - Rachel



Bovey's Down Farm

Local wedding caterers using local produce



PAMELA Sweetland has been catering since 1974 and created Sweetlands Country Fare in 1980. Her speciality is natural, home cooked food with a flair and they approach every new event with a fresh eye.

All the recipes are created by Pamela so you can be certain that your menu will be unique and special. Using natural farm produce; Sweetlands have a strong preference to natural and organic products, whatever your occasion they will deliver a stylish and tailor-made menu that you can rest assured will be entirely natural and additive free.

Bovey's Down Farm

Licensed Wedding Venue in East Devon's area of outstanding natural beauty.

In house catering by Sweetlands Country Fare

01404 871436

www.sweetlandscountryfare.co.uk
www.boveysdownfarm.co.uk

Parnell Coaches

Private hire coaches available for wedding parties

A WEDDING is a wonderful party for your guests and you want to make sure that everyone you invite has the best possible time. By hiring a coach for your wedding party it means that everyone arrives in the right place at the right time, no one gets lost, parking is not a problem, drink-driving is avoided and there is a invariably a happy, party atmosphere amongst the passengers.

Providing transport to take your bridal party home is a great way to thank your guests for all of their effort in making your big day perfect and they will definitely appreciate not having to drive home.

For more information about hiring a coach to take your guests to and from your wedding or wedding reception, please contact Tim Parnell of Parnell Coaches on 01404 47502 or 07790 966667 or visit www.parnellscoachesofhonoriton.co.uk



PARNELL COACHES

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www.parnellscoaches.co.uk

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www.primamodabrides.com





Oxbridge Farm

A UNIQUE and picturesque Dorset wedding venue available to host the most elaborate or relaxed wedding ceremony and reception. We have a beautiful oak gazebo in a private garden for you to hold your ceremony, before moving through to the marquee with views of the lake and the rolling hills of West Dorset. Oxbridge farmhouse offers B&B so

the bridal party can prepare on site with a special wedding breakfast. Oxbridge Farm Catering offers bespoke menus created for your day and all food is homemade from the very best local ingredients, so that you are guaranteed a memorable occasion. For dates in 2017 and 2018 go to our website www.oxbridgefarm.co.uk or 01308 488368.



A new wedding & party venue in scenic West Dorset

Come and visit our stunning venue, set in the idyllic countryside to book your dream wedding. Lakeside photo opportunities and on-site catering complete the most romantic of days.

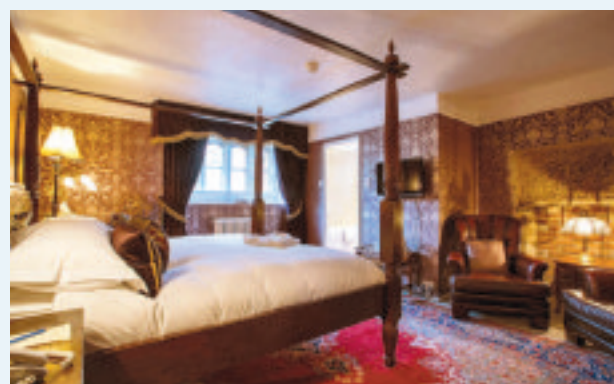
Some availability remaining for 2017 and already taking bookings for 2018!

Oxbridge Farm, Bridport, DT6 3UA
www.oxbridgefarm.co.uk

The Bridge House

THIRTEENTH century Bridge House is steeped in romantic architectural beauty and offers wonderfully charming and elegant rooms in which to hold a wedding or civil partnership reception. Choose from the Georgian restaurant with adjoining small conservatory, The Sun Room or Garden Terrace with Gazebo - all of these rooms are licensed for civil ceremonies with up to 100 guests. Bridge House can arrange whatever catering and drink requirements

you desire from a cocktail party, a barbecue in the garden or a traditional wedding breakfast in the Georgian Restaurant.



BRIDGE HOUSE

You do. We do too.

Dating from the 13th Century, Bridge House Beaminster makes a wonderful, intimate wedding venue.

We're licensed for all kinds of civil wedding ceremonies for up to 100 guests, and with our two Rosette award-winning restaurant you will be in foodie heaven.

Call to speak to our Wedding Planner
01308 862 200

bridge-house.co.uk



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Weddings

supplement
contact Jenna on

01297

446147

or email
jenna@viewnews.co.uk



This Photographer Does Photo Shoots on a 350ft Cliff

www.petapixel.com

PHOTOGRAPHER Jay Philbrick takes his subjects where most photographers wouldn't dare to go themselves: onto the face of a cliff, 350 feet above the ground.

You see, Philbrick started his career as a professional mountain guide before picking up a camera and starting a photography business. His passion for the great outdoors and for hanging off rock faces can be seen in his amazing portraiture.

Philbrick takes his clients to Echo Lake State Park in New Hampshire, where the 700-foot Cathedral Ledge looms over the lake. With climbing gear, he carefully lowers his subjects onto a small outcropping on the face of the cliff, about 350 feet up.

He then photographs his subjects in formal attire as a dramatic sunrise glows in the background.

The subjects may look like they're teetering on the edge of certain death in the photos, but they're actually safely secured to the cliff with ropes that are hidden behind them. The results are incredible.

You can find more of Philbrick's photography over on his website: www.philbrickphoto.com



Lyme Regis Guildhall

IDEALLY located overlooking the sea at Lyme Regis, the ancient Guildhall boasts panoramic views across Lyme Bay.

Nestled in an area of outstanding natural beauty, Lyme Regis sits at the heart of the Jurassic Coast World Heritage Site in Dorset.

The Grade II listed building dates back to the Stuart period, providing a traditional setting for your civil ceremony.

Built in 1887 on the site of the town lock-up, the main chamber with its curved ceiling and coat of arms was once the local court.



The main chamber can seat up to 75 guests (65 if you require use of the lift) and disabled access is provided.

If you are thinking of holding your ceremony in the Guildhall, you are welcome to view the venue and discuss your requirements with us.

For further information contact Lyme Regis Town Council on 01297 445175 or email enquiries@lymeregistowncouncil.gov.uk



The Guildhall Lyme Regis

The ideal marriage venue in 'The Pearl of Dorset'



- Civil Marriages & Partnerships
- Up to 75 guests and disabled access provided
- Panoramic Views across Lyme Bay



For further information contact Lyme Regis Town Council on: 01297 445175 or email - enquiries@lymeregistowncouncil.gov.uk

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contact us on 01460 52144

View From Classified

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JACK MURPHY quality ladies Grainne coat in a size 10. Waterproof, windproof, breathable, this coat comes with a detachable hood and is machine washable. Still in as new condition, it's now only £60. Tel 01297 553368

MILLERS & LYLES Antique Collectors Books. This is a large collection and I will accept reasonable offers. Tel 01297 553368

ARCHERY Butt Stand with some full size faces. Now only £20. Tel 01297 553368

ARCHERY Books (x2): "Archery in Earnest" and Kyudo "The Secret of the Target" for £12. Tel 01297 553368

IKEA adjustable trestle stands and work-top (x2). Would suit artist or someone of a similar profession. Your for only £35. Tel 01297 553368

KENWOOD glass jug liquidiser (large). Now only £25. Tel 01297 553368

INDESIT freestanding electric double oven (white) with ceramic hob. All in good working order and only 5yrs old, it's priced at only £80 o.n.o. (buyer collects). Tel 077428 88212

AWNING: Hillary's Toskana Luxury Motorised Awning. Aged 9 years old, it's still in excellent condition,

as new condition due to being very little used. This green and beige, white framed awning is sized 5000mm wide with a projection of 3000mm. Suitable for domestic or commercial use. It cost £1,872 new, but is now selling for only £800. Buyer collects from West Hill, Ottery St. Mary. Tel 01404 815102

1930'S vintage Copes Cigarettes card collection with Charles Dickens characters, all elegantly framed and are selling for only £70. Tel 074846 89302

HANDMADE Chinese Rug: New Duck Egg Blue background, the rug is sized 6 x 4 and is priced at only £80. Tel 074846 89302

VINTAGE Ercol dining chairs made from dark elm in a Fleur De Lys design. Selling 4 total at a price of only £160. Tel 07484 689302

ORIGINAL retro style formica topped kitchen table with two folding sides. The table will come apart for easy transport, due to the two folding sides. Now only £15. Tel 01460 61509

PORCELAIN bread crock (cream) with

motive for only £4. Tel 01460 61509

BED SPREAD (double) in a cream, floral design with 2 pillow shams. The spread filling is made from 100% polyester. The set is now selling for a total of £310.00. Tel 01460 61509

ADJUSTABLE foot rest with three different position settings. The footrest comes in a washable cover, with a cream teak finish at a price of only £9. Tel 01460 61509

CHROME three way steamer that has been very little used, selling at a price of only £5. Tel 01460 61509

GARDEN Shears: Long handle edge cutting garden shears (old make) for only £4. Tel 01460 61509

ASSORTED Liliput Lane cottages, both large and small from only £4. Tel 01460 61509

GOLF CLUB: Adams Tight Lies 16 degree hybrid clubs with a firm graphite shaft and headcover for

£20. Tel 01460 76453
X-TRAINER: Can be set to auto or manual. The X-trainer come with 4 programmes, heart monitor, instructions and tools, etc. Now only £50. Tel 01460 65849

NEFF 512 semi integrated dishwasher, removed for a kitchen re-fit. Good working order. £10. Tel 01935 872217

NEW Sigura car tyre on wheel. Spare from Nissan Micra boot. Never run. 155/70/R13. Bargain £8. Tel 01935 872217

NISSAN MICRA 51 plate complete set of seats. Good clean condition. Bargain £5. Tel 01935 872217

WOVEN Axminster carpet: Glenavy green Buttons & Bows 80% wool pile, sized Approx 18 square meters. Can view on site. Now only £144. Tel 01460 65038

CURTAINS (X4): Heavy lined curtains in a gold and flower stem design. Each

curtain has a 90in drop x 108in width. Can view on site. Now only £120. Tel 01460 65038

MARKS & SPENCER extendable oak dining room table and four red cloth high back chairs. Sized 95cm wide x 76cm high x 145cm long,

the table also extends to 195cm. Now only £100. Tel 01297 792191

LITTLE TIKES travel cot. Comes in good condition & is hardly used. Now only £25. Tel 01297 23446

LINDAM Stairgate, £20. Tel 01297 23446

HIGH CHAIR, £8. Tel

01297 23446
TUPPERWARE Ball complete with inserts, £10. Tel 01297 23446

SEWING MACHINE: A Wilcox and Gibbs heavy duty sewing machine (Model 101 240v) on bench. Needs drive belt. Now selling for £110

o.n.o. Buyer collects. Tel 01297 32065 or 078668 547874

DURAVIT pedestal wash hand basin. Sized 18 inches, the basin is fitted with a targa tap and comes with flexible pipe connections. Now only £35 o.n.o. Tel 01935 891364

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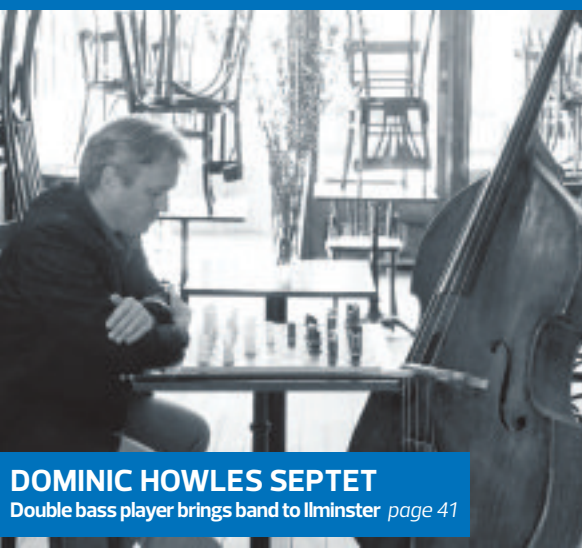
THE ULTIMATE LEISURE GUIDE FOR
EAST DEVON & SOUTH SOMERSET

View 2



A CHANCE TO DANCE WITH THE ROVING CROWS

Roots folk fun at The David Hall in
South Petherton this Saturday
See page 29



DOMINIC HOWLES SEPTET
Double bass player brings band to Ilminster [page 41](#)



PAPA LE GAL
Tropical funksters bring the party to the Marine Theatre [page 42](#)



PARADISE LOST
Lost Dog Theatre bring new show to local village venues [page 43](#)

Diary Dates

TUESDAY SEPTEMBER 27TH

MOSTERTON: Mosterton Art Group 28th Annual Exhibition Sat 27th August to Friday 2nd September 10am-5pm, (4pm last day) at the Skyrm Room, The Public Hall (rear entrance), 8 Fleet St, Beaminster DT8 3EF. There will be a great variety of artwork by local artists, most of which is for sale and this is your opportunity to snap up some original paintings or prints at a reasonable price. Entrance is free and there is disabled access and adjacent car park.

SIDMOUTH: Tea Dance at All Saints EX10 8ES, 2.30pm
CREWKERNE: Computer Drop-in at Henhayes Centre - Questions answered and help provided. 10.00 am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 60+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 - 4pm.

SEATON: Cooking For One Demo with HALFF (Health and Local Food for Families), 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease, high blood pressure and modified diets (eg puree/fork mashable). At the United Reformed Church, Cross Street, Seaton EX12 2LH. No need to book, just turn up, it's free. Call Laura on 01297 631782 for more information or email laura@halff.org.uk.

WEDNESDAY, SEPTEMBER 28TH

UPLYME: Well-known TV and radio presenter, garden designer and author, Chris Beardshaw will be giving a talk entitled 'How Does Your Garden Grow' at Uplyme Village Hall for Uplyme and Lyme Regis Horticultural Society. Chris will discuss the science of gardening and how to feel more confident and knowledgeable about your plants and how to care for them. His show garden design for the rooftop of Great Ormond Street Children's Hospital was a Gold Medal winner at this year's Chelsea Flower Show. Tickets: £6 members, £10 non-members. To book your ticket, ring Jenny Harding on 01297 444034. We expect strong demand, so book early if you can.

SEATON: The next meeting of the Seaton Area Branch of Devon Senior Voice will be held at 2 p.m. on at Seaton Methodist Church Hall. On this occasion there will not be an Agenda as such because the main business of the day will be:- "The Future of Devon Senior Voice". Refreshments will be available. For any further information please contact Roger/Tina Trapani on 01297 21788 (until 21st September) or Brian Cooper on 01297 22239.

CREWKERNE: Bingo at Henhayes Centre - Cash prizes - "eyes down" at 2.30pm.
AXMINSTER: 'The Glory Days of Axminster' An interesting historical talk from local expert John Jeffery, plus a delicious cream tea/savoury alternative. Tickets £4 available from the Heritage Centre. Limited space - pre-booking necessary. For further information: 01404 831207 All Welcome! 2.30-4pm in the Bradshaw Room at Axminster Heritage Centre, Thomas Whitty House, Silver Street, Axminster, EX13 5AH

THURSDAY SEPTEMBER 29TH
AXMINSTER: Music at the Minster Church in Axminster. The 32nd Lunchtime Concert Season presents "The Young Musicians of Colyton Grammar School" directed by David House. 12.30pm - 1pm. Free admission. Light lunch available. All donations are in aid of the Minster upkeep.

NEWTON POPPLEFORD: American Square Dance class at the village hall, weekly on Thursdays, 2 - 4 p.m. starting 8th September. £2.50 per session including tea/coffee. Come and give it a try. Ypu don't need to bring a partner. Contact: Jean 01395 568155
HONITON: Honiton History Society will be meeting on Thursday 29 September in the Methodist Hall, Chapel Street, Honiton at 7.30pm. The talk, '100 Years of Advertising' will be given by Bruce Upton of the Bridport Museum Trust. Visitors welcome (£2)

CREWKERNE: Over 50's Keep Fit at Henhayes Centre - 10.00 am to 11.00 am. £2.50 for members/ £3.50 for non-members.

CREWKERNE: Physio Fit at Henhayes Centre - 10.30 am to 11.45 am. £2.00 for members/ £3.00 for non-members.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 2 - 4.30pm. New members welcome, come and give it a try.

FRIDAY SEPTEMBER 30TH

CREWKERNE: Sequence Dancing at the Victoria Hall from 1.45pm to 4 pm. Tea and Biscuits. Raffle £2 per person. More details call 01935 415520 or 01308 862866

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www.thelittlefarmshop.com**

The Henhayes Community Centre in Crewkerne

Open to all 5 days a week
for lunch, tea or coffee 9am to 4.30pm
and Saturday mornings
for coffee or tea and cakes
from 10am to 12 noon
Licensed premises
The Centre can also be hired

LOOK WHAT'S ON

**We at the Henhayes Centre
would like to thank everyone
for supporting our
fundraising events.**

See this paper's Diary dates for our regular activities

Please note our future events

**Special Lunch - Friday 21st October
Breakfast - Saturday 29th October**

**Next Concert
Friday 11th November**

**The Henhayes Community Centre,
South Street Car Park, Crewkerne
Tel: 01460 74340
www.henhayes.co.uk**

ILMINSTER

arts centre
AT THE MEETING HOUSE

**TEXTILE EXPRESSIONS
Until 1 October**

Contemporary textiles exhibition -
last chance to see!

**DOMINIC HOWLES SEPTET
Friday 30 September 8pm**

Tickets £15 (pre-show supper £13 at 7pm,
must be pre-booked).
Immaculate modern jazz.

FIND A TREE

Mon 3 - Sat 29 October

New exhibition in which 10 artists explore
a favourite tree

**Box Office: 01460 54973
www.themeetinghouse.org.uk
info@themeetinghouse.org.uk
East Street, Ilminster, Somerset, TA19 0AN
Open Mon-Fri 9.30-4.30, Sat 9.30-2.30**



**Colyton, Colyford and District Memory Café
St John Hall King Street Colyton
The first Wednesday of each month 2 - 4pm**

If you, a friend or a loved one is suffering from memory loss or has been diagnosed with early dementia we offer an afternoon of friendship and support for you and your carer.

Our volunteers are available to carers for a quiet chat and can provide information, leaflets and signposting advice. We also aim to have regular visits from health professionals.

Why not come along to share opportunities with others to reminisce and enjoy some music, talks and quizzes, or just come along for a cup of tea and some cake!

We welcome friends from all the surrounding villages.
Some parking is available plus a large drop off point
For more information, ring Diane 07970 626774

CAR BOOT SALE

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EVERY SUNDAY 1-4pm

On 50 acre site, all sellers, cars, vans & trailers

£7 for as much room as required.

No Dogs allowed on site

Strictly no helpers or buyers before 1pm

No need to book, gates open to sellers 11am

For further information tel: 07511 195858 or 07979 845914

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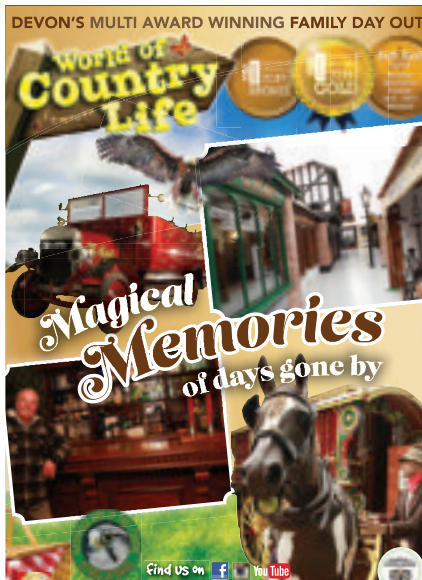


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01395 274533 worldofcountrylife.co.uk**

Diary Dates

HAWKCHURCH: Annual coffee morning in the village hall. 10am-1pm. In aid of Macmillan Cancer Support. Homemade cakes, coffee/tea, plus lots of local businesses represented including craft, flowers, fudge etc. Great raffle prizes. All welcome. For more details call 01297 678458

SEATON: Macmillan Coffee Morning at Marshlands Harbour Road. Stalls, tea, coffee and cakes from 10am to 1pm.

SEATON: Karaoke at Merriott Social Club, 8pm.
LYME REGIS: Travelling Trends Fashion Show at St Michael's Primary School. Doors 7pm for 7.30pm start. Funds raised towards St Michael's Primary School ICT equipment. Tickets £6 including a glass of wine, and must be purchased in advance by calling 01297 442623, 07791 709567 or 07989 388802.

SATURDAY OCTOBER 1st

CREWKERNE: Sequence Dancing at the Victoria Hall from 1.45pm to 4 pm. Tea and Biscuits. Raffle £2 per person. More details call 01935 415520 or 01308 862866

SOUTHLEIGH: Southleigh Village Hall is hosting a Coffee Morning at 10.30 am in aid of Macmillan Cancer Support. Cakes to eat and for sale. Children's cake competition and a raffle. Come and enjoy our lovely surroundings and relax over coffee as well as supporting a good cause.

MERRIOTT: Merriott's Biggest Coffee Morning from 10am until 1pm, draw, markets stalls and of course cakes at Merriott Social Club. Call Lola on 07885424588.

HAM HILL: Walk at Ham Hill with lunch. Meet Ham Hill at 12noon, organised by Crewkerne Twinning. Families welcome. Food will be served at 2pm approx. Soup and roll followed by a selection of home made cake and a cold drink - £5 adults, £2 children (pay on the day) but please book in advance for catering purposes. Please bring your own chair, cutlery and crockery (for soup in a mug or soup in a bowl!). Book with Carol 01460 74808/ce-walker@hotmail.co.uk or Diana 01450 77233.
HONITON: Hospiscare Jumble Sale at Mackarness Hall, 9am-12noon. Homemade refreshments served.

LYME REGIS: Local crafts and collectables at the Baptist Church Hall, Silver Street, from 10.30am. Free admission. Well behaved dogs on leads welcome. Supporting FORCE cancer charity.

COLYTON: Short Mat Bowls Club is holding a free taster session from 9.30am-1200am in the Town Hall, so come and give it a try. Also, a coffee morning. More information on 01297 553656.

SEATON: Friends of St Gregory's Church present an organ recital by Simon Brett. At St Gregory's Church, Colyford Road, 2pm. Free entry, donations welcome. Refreshments available. For more details call 01297 23656.

SIDMOUTH: Autumn Glory Ball (evening wear preferred) with Dancing Duo Henry & Jeannie, at Stowford Centre, 9pm-11pm. Bring your own snacks. Tea, coffee and biscuits provided. £6 on the door. For more details call 01803 325905 or visit www.dancingduo.co.uk

SUNDAY OCTOBER 2nd

COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. To book a table (£5) or for more details call 07891 486839.

SEATON: Seed Gathering Safari, Holyford Woods, 2pm - 4pm. Fun safari for all, collecting seeds to grow and help improve the area's woodlands. Refuel with tea and cake. £3 donation towards work of Devon Wildlife Trust. Booking essential. Meet at Seaton Tower Layby, Seaton Down Hill, EX12 2TH. Event Booking: legacytolandscape@gmail.com or ring 01404 310012

MONDAY OCTOBER 3rd

AXMINSTER: Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

AXMINSTER: Simple Healthy Cooking Demo with HALFF (Health and Local Food for Families), 10.30-12.30. Free healthy cooking demonstrations offering nutritional advice and cooking hints and tips for people who care for others. Includes a free meal to take home! At the HALFF Food Hub, South Street, Axminster. No need to book, just turn up, it's free. Call Ros on 01297 631782 for more information or email admin@halff.org.uk.

MISTERTON: Bingo at Misterton Village Hall. Doors open 6.30pm, eyes down 7.30pm.

CLAPTON: Clapton & Wayford Village Hall at 7pm - combined Harvest Supper & Produce Auction; proceeds to be shared between St Michael's Church, Wayford and C & W Village Hall. All welcome; £12 to include glass of punch/fruit juice on arrival, excellent 2 course hot supper, cheese & biscuits and coffee/tea. Wide variety of raffle prizes; licensed bar. Donations of produce for auction welcomed. Please book in advance from Jackie (01460 72324) or Mary (01460 74849).

More Diary Dates on page 42

Deadline is Friday 4pm for the following Tuesday's publication.
Please ensure dates are included for all listings
- weekly listings without dates may not be published.

Send your diary dates to rob@viewnews.co.uk

A magnificent seven

Dominic Howles' Septet to play at Ilminster Arts Centre

DOMINIC Howles' Septet is an extremely accomplished, modern/contemporary band with a polished, all round sound, very much in the same vein as some of the popular bands of the 50s and early 60s such as the Miles Davis sextets and the Gerry Mulligan septet/octet. Playing standards and their own compositions, their music is very accessible, with a good swing to it, and will greatly appeal to our modern jazz audience.

Dominic Howles began his musical career in Bristol in the late 1980s as an aspiring electric bassist worshipping at the feet of Jaco Pastorius, Marcus Miller and Stanley Clarke. His musical colleagues in the city persuaded him to purchase a double bass that had allegedly once belonged to Clarke and the young Howles subsequently became something of a fixture on the jazz scene around Bristol and Bath. Out of this came the call for him and saxophonist Ben Waghorn to join the then high profile Tommy Chase Quartet and Howles made the move to London in 1990, remaining in the capital ever since. Along the way he obtained a degree from the Jazz Course at the Guildhall School of Music under the tutelage of Pete Churchill and Simon Purcell. The purchase of that double bass obviously acted as

a musical turning point and Howles now names Paul Chambers, Oscar Pettiford, Ray Brown, Dave Holland, Christian McBride and Larry Grenadier as his bass heroes.

As a freelance double bassist Howles has since played with a wide variety of London based musicians over the course of the last twenty plus years. Among these was Tim Richards with whom Howles appeared on the pianist's 2010 trio album "Shapeshifting", a recording reviewed elsewhere on this site. Howles also played on an earlier Richards trio offering, 2003's "Twelve By Three". Others with whom Howles has collaborated include singers Gill Cook, Anita Wardell and Christine Tobin, saxophonists Alan Skidmore, Art Themen, Don Weller and Tim Whitehead, guitarist Nigel Price and drummer Clark Tracey.

Howles clearly remembers his early days in Bristol with a lot of affection and thanks to the influence of Tommy Chase and others his musical preferences have changed substantially in the intervening time, graduating from fusion to classic hard bop. However Howles has never lost his love for a good pop song and material is not necessarily comprised of jazz or bebop standards but

of interesting arrangements of other material. Duke Ellington and particularly Gil Evans are acknowledged touchstones in this respect.

The Dominic Howles Septet play at Ilminster Arts Centre at the Meeting House this Friday, September 30th at 8pm. Tickets are £15 (pre-show supper £13 at 7pm but must be pre-booked).

For more details and to book call 01460 54973 or visit www.themeeting-house.org.uk



Branch out and find yourself a tree

OUR CLOSE relationship with trees is the intriguing premise behind a new exhibition at that opens at Ilminster Arts Centre on October 3rd. Curated by Somerset based artist and tree dowser Gordon Field, 'Find a Tree' is an exhibition of artworks in a variety of media, based on selected artist's responses to a favourite, or found, tree.

The origins of the exhibition began five years ago when Gordon realised that he had strong dowsing skills while on a course with the late Hamish Miller. A month later this was followed by an 'out of body' experience in an ancient woodland in Brittany, after which Gordon's work took

a new direction, as he explains "Through my work as an artist and a tree dowser the trees have given me the task of finding as many ways as possible to help us reconnect with them. This exhibition is one of many I will be developing to help start this dialogue with the trees."

For this exhibition, Gordon gave each participating artist two 'Find a Tree' exercises which encouraged them to spend time with their chosen tree and develop a strong connection with it. The artworks will reflect this unique relationship between two living beings, and as the artists work across a range of different media - from painting, drawing and sculpture to hand-woven textiles and installations - this promises to be a rich and rewarding exhibition on many levels.

The artists taking part in the exhibition are all Somerset based and include Gwyn Ardyth, Louise Baker, Louise Cotter, Jon England, Gordon Field, Frances Harrison, Fiona Hingston, Stefan Jennings, Lucy Lean and Jo Minoprio.

The 'Find a Tree' exhibition is at Ilminster Arts Centre from October 3rd to October 29th, open Monday to Friday 9.30am-4.30pm, Saturdays 9.30am-2.30pm. Admission free.



One character's take on the upcoming show 'A Better You'

"WELL! Clifford and I have just arrived for our weekly dancing rehearsal at our local community hall. We're ballroom dancers you see, and rehearse every week at the same time. We have a very important competition coming up. And, between you and me, Clifford needs all the rehearsal time we can get."

"But when we walk in, we find the five ladies of the 'local bake

and jumble sale' group are still there. Not only are they still there, they're refusing to vacate. And expect us to leave! I've never heard anything like it."

"And, quite frankly, they're behaving very oddly. I suppose I shall have to deal with it. Clifford is far too polite and meek."

If you want to know why they're still there, why they won't leave, and why their be-

haviour is so odd you'll have to come along to the Axminster Guildhall and find out for yourselves. We are there Thursday, September 29th to Saturday, October 1st. Tickets available from the Archway Bookshop.

Don't miss it. You'll never look at the local women's group in the same way again!!



Members of Axminster Drama Club in rehearsal

Axminster Drama Club

A Better You

a seriously funny black comedy
by
Mark C. Bourne

The Guildhall, Axminster
September 29th, 30th and October 1st
7.30 pm

Tickets £8
Available from
Archway Bookshop
Church Street
Axminster
(Out of hours,
call 01404 831089)

Axminster Drama Club
Established 1945
ADC Registered
Charity Number
261866

Affiliated to N.O.D.A.
noda
National Organisation of Drama Associations



Diary Dates

TUESDAY OCTOBER 4TH

AXMINSTER: Axminster Probuc Club for retired and semi-retired business and professional men meets at 10.00 for 10.30am in a private room at the A35 Pit Stop, Gammons Hill, Kilminster for a talk by George Williams entitled 'One Man and his Dog Around Britain - Part 2' and an optional lunch. For further details ring 01460 220528.

HAWKCHURCH: One-day Boden shopping event at Fairwater Head, 10.30am-7pm.

WEDNESDAY OCTOBER 5TH

SEATON: Jurassic Folk and Jam Club at Eyre Court, 2 Queen Street, 8-10.30pm. Music and song for all to enjoy. Free admission for musicians, singers and spectators. For more details call 01404 46451 or 549903, or visit www.jurassicfolkandjam.com

KILMINGTON: Film: 'Love and War' (cert U), 5 Star reviews - Kate Beckinsale is a devious delight!.

Moviola screening at the Village Hall (Whitford Rd), doors and bar (wine and soft drinks) open at 6.45pm Film start 7.15pm. For more details or advance booking contact: 01297 32335. Tickets £5 if purchased in advance or £5.50 at the door.

CLAPTON: Clapton & Wayford Village Hall - sew, knit & natter, 10.30am, all welcome; details from 01460 72837.

SEATON: Bat Tracking in Devon and Trinidad, Colyford Village Hall, 7.30pm. Adrian Bayley talks about his projects recording the ecology of the rich bat fauna of East Devon and Trinidad. Joint event with Axe Vale and District Conservation Society. £3 admission. No booking required. Colyford Memorial Hall, Swan Hill Road, Colyford, EX24 6QJ.

THURSDAY OCTOBER 6TH

AXMINSTER: Music at the Minster Church in Axminster. The 32nd Lunchtime Concert Season presents "Music for Strings" performed by Holly Chapman and the Colyton Grammar School Strings. 12.30pm - 1pm. Free admission. Light lunch available. All donations are in aid of the Minster upkeep.

NEWTON POPPLEFORD: American Square Dance class at the village hall, weekly on Thursdays, 2 - 4 p.m. starting 8th September. £2.50 per session including tea/coffee. Come and give it a try. You don't need to bring a partner. Contact: Jean 01395 568155

SEATON: Seaton Garden Club outing to The Lost Gardens of Heligan. Visitors welcome for more details please contact 01297 24049

CHARD: Chard Camera Club will be meeting at 7.30pm in the Baptist Church Hall. The club members will be made aware of the results to their in house 'Roving hunt' and 'Mystery trip' competitions followed by a 'show and tell' session where members can comment on their selected images of choice and give comment on How, Why and Where and how they may take it differently. Details on website www.chardcameracub.org.

FRIDAY OCTOBER 7TH - SUNDAY OCTOBER 9TH

WINSHAM: Winsham Art Exhibition at Jubilee Hall, Church Street, opposite the village shop. Preview evening 7-9pm on Friday 7th - free entry with wine and nibbles, plus raffle tickets for luxury hampers. 10am-4pm Saturday and Sunday. Raffle tickets on sale during the weekend and entry is free at all times

SATURDAY OCTOBER 8TH

BEER: Wurlitzer Theatre Organ Show - Len Rawle, an old favourite, makes a welcome return to play at the Congregational Church, Fore Street, Beer. The show starts at 2.00pm, admission is £7.00 on the door, children free, includes refreshments, everyone welcome. For further info visit www.beer-wurlitzer.org.uk or phone 01297 24892.

COLYFORD: Colyford Memorial Hall Jumble, 2-4pm. 30p entry, free level car park, toilets and refreshments. We can collect items of clothing, bric-a-brac, china, glass, furniture, small electrical items, books, garden equipment. Please ring: 07594 864872 or 01297 551288. Or bring along your items to the hall (on A3052) on Friday 7th from 5.00 pm or Saturday 8th Oct from 9.00 am.

CLAPTON: Clapton & Wayford Village Hall at 7.30pm - Take Art Event: Theatre 503 in conjunction with Bristol Old Vic Touring, will present 'And Then Came the Nightjars'. Set in the countryside, it is 'a story of male friendship against the odds, and a tribute to rural English life'. Licensed Bar & Raffle. Tickets (including a Ploughman's supper) - £12 (adults), £6 (school age), £30 (family 2+2), should be booked in advance please from Adrienne (01460 75313) or Mary (01460 74849)

YARCOMBE: Yarcombe Market, 10am-12noon. Cakes, cards, jams, meats and lots more.

HONITON: Drop in Paozolzi Workshop at Thelma Hulbert Gallery. Drop in anytime between 11am and 3pm. All ages/abilities welcome. No experience needed. All children must be accompanied by a responsible adult. Suggested donation £2/child. For more details call 01404 45006 or visit www.thelmahulbert.com

MUSBURY: Silent Auction - Enjoy an evening of browsing and bidding for a variety of items and promises including a marble top table, a hair cut,

There's no party like a Papa party!

A STOMPING evening of Funk heavy Latin and Afrobeat hosted by local mischief makers Papa Le Gál (featuring the brass section from King Porter Stomp) will be taking place at the Marine Theatre,



Lyme Regis, next week, with it's usual tropical revelry.

This time, Papa will be proudly sharing the bill with the obscenely talented Zuri Aura from Exeter. Smashing out a soulful dose of reggae fusion with a Dub/Hip Hop twist.

Plus surprise warm up act to be announced!

This is without doubt gonna be a night overflowing with worldly musical goodness to get your blood pumping and say "Hey, just because the summer's over doesn't mean we have to cover ourselves in goose fat and go into hibernation. Let's party!"

Live music from 8.30-12 (Bar till 1am).

Tickets will be available for cash only from 'Fuego' the Latin american gift shop in Coombe Street, Lyme Regis, at a price of £10. They will also be available to but online from the Papa Le Gál website www.papalegalofficial.com for £10.50



Papa Le Gal

MARINE THEATRE LYME REGIS

ArtsFest at Marine Theatre

Marine Cinema presents Youth

Thursday 29th September

Screening: 11am/ Cert 15/ 2015

Full Price: £7.00/ Concessions: £6.00

Stylish Italian comedy drama starring Michael Caine,

Harvey Keitel, Rachel Weisz, and Jane Fonda



Luke Brown Dance presents For You Long the Longest

Thursday 29th September

Onstage: 7.30pm

Full Price: £12.00/ Concessions: £11.00

Following his residency here, Luke presents new dance theatre



Papa Le Gal and Zuri Aura

Friday 30th September

Onstage: 8.30pm

All tickets £10.00 from Fuego

Funk, Latin and Afrobeat party night.



BOX OFFICE: LYME REGIS TIC 01297 442138 OR
BUY ONLINE AT WWW.MARINETHEATRE.COM

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL

Diary Dates

logs for the fire, a home made Christmas Cake a holiday and lots more! Entrance £3 includes a glass of wine and canapés. Musbury Village Hall 7.30 until 10.00. Enquiries 01297 552711/552440 Profits to St Michaels Church Musbury.

SOUTH PETERTON: Autumn Sale from 10am to 12 noon at the Methodist Church. Entry is free, and stalls will include books, jigsaws, bric-a-brac, cakes, preserves, plants, raffle and tombola. Refreshments will be served.

SUNDAY, OCTOBER 9TH

AXMOUTH: Apple Harvest Celebration at Combe Farm in Axmouth from 2-5pm. Come and celebrate by picking, pressing, sampling and bottling the golden juice; traditional live music while we work; apple displays; explore the Library in the Sanctuary, buy some second-hand books, enjoy children's activities, see our Woollen Woods display in the Community Woodland Orchard, walk the Spiral in gratitude for all that is, give yourself a little healing and of course enjoy our wonderful teas, juice and cakes. £1 entry, accompanied children free. For more info call Christina Bows 01297 23822 or visit thespiralcentre.wordpress.com

COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. To book a table (£5) or for more details call 07891486839.

MONDAY, OCTOBER 10TH

HONITON: Honiton Art Society meeting at the Awliscombe Village Hall, 2-4pm. Watercolour demonstration by Marilyn Allis. New members and visitors always welcome. Visitors £4.

MISTERTON: Bingo at Misterton Village Hall. Doors open 6.30pm, eyes down 7.30pm.

TUESDAY OCTOBER 11TH

SIDMOUTH: East Devon Organ Club, with Chris Powell 2.30pm at Primley Road, Church Hall.

SIDMOUTH: Tea Dance at St Francis EX10 9XH, 2.30pm

AXMINSTER: Read Easy UK (Axminster and Seaton branch). Short AGM followed by talk from patron Simon Hall (BBC TV news correspondent and author). At Methodist Church Hall, Lyme Road. 7pm. Free admission. Read Easy UK is a national charity helping adults who struggle to read. For more information, please call 01297 34636 or 01297 552847

WEDNESDAY OCTOBER 12TH

AXMINSTER: Free Make & Munch with HALFF (Health and Local Food for Families), 10.30am-12.30pm. For parents and carers of children (0-18), a hands-on course of six sessions. Have fun preparing simple delicious food and enjoy eating it together. Pre-school age children welcome with parents/carers. At the Methodist Hall, Lyme Road, Axminster. To book a place call Ros on 01297 631782 for more information or email admin@halff.org.uk.

SEATON: Leaf back in time, Holyford Woods, 2pm - 4pm. Travel back in time to hear Colin Pady's 'tree' mendous tree tales and the woodland's fascinating past on a history trek. Free. No booking required. Meet at Seaton Tower Layby, Seaton Down Hill, EX12 2TH.

THURSDAY OCTOBER 13TH

AXMINSTER: Music at the Minster Church in Axminster. The 32nd Lunchtime Concert Season presents "Father John's Friends" a very special selection of some of John's favourite music performed by his friends. 12.30pm - 1pm. Free admission. Light lunch available. All donations are in aid of the Minster upkeep.

CREWKERNE: Crewkerne and District Twinning Association A G M at the Speedwell Hall in Abbey Street Crewkerne 8pm. Parking opposite the Hall in Abbey Street Car-Park. Come along and find out what we do and stay for a glass of wine.

NEWTON POPPLEFORD: American Square Dance class at the village hall, weekly on Thursdays, 2 - 4 p.m. starting 8th September. £2.50 per session including tea/coffee. Come and give it a try. You don't need to bring a partner. Contact: Jean 01395 568155

CHARD: Chard Royal Naval Association. The association will be meeting for its social in the Chard Conservative club at 7.30pm. This months social is given over to a talk by Mr Craig Jennings on the subject of 'Bath Child Cancer Fund'. Further details can be obtained from the club chairman Mrs Paula Moon 01460 929041

FRIDAY OCTOBER 14TH

CLAPTON: Clapton & Wayford Village Hall - 'Food on Friday', mid-day for 12.30pm start. All ages are welcome; very friendly atmosphere and good food. Please book in advance by phoning 01460 77057. Further details also available on the same number.

KILMINGTON: Talk: 'Barrington Court Gardens' by Christine Brain. Head gardener, Christine Brain will present Barrington Court gardens to us. Laid out in the 1920's for the Lyle family, designed by architects J. E. Forbes with Gertrude Jekyll advising on the planting of this varied and enchanting series of contrasting 'rooms'. Kilminster Garden Club, Kilminster village hall, Whitford Road, Kilminster EX137RF. 7.30pm Non members welcome £1.00

The small hall with the BIG reputation

David Hall

FOLK • ROOTS
ACOUSTIC • JAZZ
BLUES • DANCE
THEATRE • FILM

AFTER having a month off, music-wise, in August, we were all pleased and excited to get the September gigs started.

On Saturday 3rd we enjoyed the second performance in South Petherton of the award-winning trio, Moore Moss and Rutter. These young musicians showed not only brilliant musicianship but also their skills in reworking traditional English tunes and songs into something far more contemporary. Their tools - violin, melodeon, guitar and voice - may be simple enough, but they demonstrated their ability to take the enthralled audience on a musical journey. A truly special band which has a really bright future in the Folk world!

On Sunday 4th, an exciting and diverse classical performance was loved by everyone. The Divertimento String Quartet gave an afternoon concert of The Grand Tour, which was a journey of music from around the world. This quartet was certainly well received and I have no doubt that the afternoon format will be repeated.

On Saturday 17th we welcomed back, after an eight-year absence, legendary band The Strawbs for an Acoustic performance.

Having been formed in the 1960s by Dave Cousins, The Strawbs had seven consecutive albums in the USA Billboard 200 and their most successful album - Heroes and Heroine - has recently been listed by Rolling Stone magazine as "one of the 50 greatest Prog-Rock Albums of all time."

The current lineup has been together since 1973, which showed in both the fantastic guitar playing and the stunning harmonies. The Strawbs took us on an historic musical journey, charting the music from their formation to the present day. A great trio, still producing great music.

On Friday 23rd we enjoyed for the first time another band with a fantastic pedigree when The Home Service - formed in 1981 and fronted at that time by John Tams - gave an outstanding performance to another large audience. Now fronted by the great musician John Kirkpatrick, this band played live with this line-up for the first time.

This eight-piece band with a four-piece full-on brass section gave a stunning performance, featuring tracks from both their latest album, A New Ground, and also older material. We enjoyed Folk/Rock at its best, which ensured this was a truly

memorable night. I have no doubt that The Home Service gig will be talked about for years to come!

I am really excited about The David Hall's October line-up as there will be an eclectic mix of styles - which means that whatever your musical preferences, there is almost certainly something in the programme for you!

We start on Saturday 1st with a "must see" act when The Roving Crows perform their take on Roots, Folk and Celtic music in a "Chance to Dance" event. This quartet is renowned for its high-energy live performances featuring fiddle, guitar, bass, percussion and vocals. The charismatic Roving Crows were last with us in 2014, when they showed why they are one of the most sought-after bands on the circuit.

Friday 7th sees another group visiting The David Hall for the first time when Rob Heron and The Tea Pad Orchestra - who are one of the hardest-working bands on the UK Roots circuit - will perform. This five-piece band will play their own brand of Western Swing, Blues, Gypsy Jazz and Country, or "North-Eastern Swing" as they coined it. This is a really talented band, and like no other.

On Saturday 15th October a group that have become regular visitors - The Churchfitters, based in Brittany - will again bring their own take on Folk/Rock. This ever-popular trio is quite unique as their instruments include a double bass made out of a saucepan, together with a musical saw, dulcimer, tin whistle, electric hub-cap bass-bouzouki - and very much more. Heart-wrenching vocals, plus stompily-fast fiddle playing mixed with infectious Funk-Rock rhythms, are part of their uniqueness.

On Saturday 22nd, another band will be on their first visit to us when the five-piece Keston Cobblers Club are booked to perform. Over the last few years, they have built an army of fans. Keston Cobblers Club recently supported Bellowhead on their farewell tour when they showed off not only their exceptional musical skills but also performances of genuine warmth. This is a gig not to be missed! Tickets are selling fast so book early.

The busy month of October comes to a musical conclusion on Saturday 29th with a visit by one of the most popular Folk duos - Phillip Henry and Hannah Martin - who are returning following their great performance in Petherton in March 2015. Their totally unique sound spans many genres and they were well-deserved winners of The Best Duo award at the 2014 BBC Folk Awards. Yet another gig not to be missed!

As I said earlier, this is a month of music for everyone. Please give us your support!

Happy listening - Pete Wheeler, Petherton Arts Trust

Further events at The David Hall in October

Further events at The David Hall during October include Quiz Night on Saturday 8th. Join in an evening full of fun and facts. Test your knowledge, enjoy a ploughman's supper and raise money for The David Hall at the same time. Tickets: £6 incl. supper. No concessions. Advance booking only by Wednesday 5 October. No tickets available on the night.

On Friday 21st, Petherton Picture Show presents: Eddie the Eagle. A feel-good story about Michael "Eddie" Edwards, the unlikely but courageous British ski-jumper. Stars: Taron Egerton, Hugh Jackman, Christopher Walken.

Acoustic Night is on Friday 28th, at 7.30pm. All performers have the opportunity to deliver for 10-15 minutes with full PA and lighting system. If you wish to perform, please email folk@chriswatts.org to secure a place.

The David Hall's popular monthly Coffee Morning will be on Wednesday 26th, from 10am - 12pm. Pop in for a cup of real coffee and a chat; look around the book and bric-a-brac stalls and listen to some live music. Entry is free.

For further details about any of the above please check the website www.thedavidhall.org.uk or call 01460 240 340.

Famous crimefighter brought to the stage for Exeter show

Newsflash! There's been a series of high-profile crimes right across the city - but fear not... The police



chief's put his best man on the job. It's now down to the square jawed, hard-hitting, fast-shooting comic book detective to solve the crime the only way he knows how... the crime solving way... Will Tracy be able to save the day, get the girl and get to the bottom of who's causing the mayhem? Or perhaps the truth is closer than he thinks...

With their work rooted in the ridiculous, Exeter based Le Navet Bete's Dick Tracy is a physical comedy influenced by the world-famous detective incorporating fooling, original live music, plenty of audience interaction, lightening quick character changes, incredibly authentic accents spattered with mystery, malice and mischief.

Le Navet Bete recently became an associate company of the Exeter Northcott Theatre. Along with Le Metta Theatre and Paddleboat The-

atre, Le Navet Bete will benefit from artistic mentorship, production management support, tour booking, education support, marketing and sales planning and support with bid writing.

Having wowed audiences around the globe since 2007 with their inimitable, tightly-honed style of comedy performance, the award-winning Le Navet Bete team up once again with one of the UK's most exciting comedy directors John Nicholson (Peepolykus) and supported by Arts Council England in a co-production with the Exeter Phoenix. Dick Tracy promises to have the bad guys in handcuffs and the audience in stitches.

Le Navet Bete bring Dick Tracy to Exeter Northcott Theatre on Sunday, October 23rd. Tickets are £15, and family tickets £39 for 3, up to 3 more £13 each.

Paradise Lost

LOST DOG, the highly entertaining dance/theatre company is fronted by its Artistic Director Ben Duke whose self-penned 'Paradise Lost (Lies Unopened Beside Me)' has been performing to critical acclaim and capacity audiences for over a year.

A one-man staging of Milton's epic *Paradise Lost*, combining theatre, comedy and movement this is a journey through the story of the creation of everything condensed into 80 minutes, beginning with Lucifer's rebellion and ending with Adam and Eve's expulsion from The Garden of Eden. Ben Duke plays all the characters, creates all the scenes and, despite his best efforts, falls a little short of perfection. "It's a show for anyone who has created anything (child, garden, paper aeroplane) and then watched it spiral out of control," he says.

This autumn Ben is partnering with the Rural Touring Dance Initiative - to take 'Paradise Lost' to community spaces and rural hubs in Somerset, Dorset, and North Yorkshire.

Paradise Lost will be performed at West Coker Village Hall, near Yeovil (BA22 9AS) on Friday, October 7th. Tickets are £10/£6, available by calling 01935 862 603 or from www.takeart.org

The show will then head to Drimpton Hall, Chard Road, Drimpton (DT8 3RF) on Saturday, October 8th. Tickets £9/£6, or £25 family, available by calling 01308 867442 or from www.artreach.co.uk



Ben Duke in 'Paradise Lost...' photo by Danilo Moroni

**NORTH PERROTT
FRUIT FARM SHOP**
GARDEN CENTRE & Coffee Shop



PICK YOUR OWN APPLES Aug-Oct

**APPLE TASTING
WEEKEND**

8th & 9th October 2016. 11am - 4.30pm

A celebration of our harvest with -

*Over 30 varieties of apples & pears to taste & discuss.
Apple Juice and Food Tasting in the Farm Shop
Children's activities, tractor rides & farm walks.*

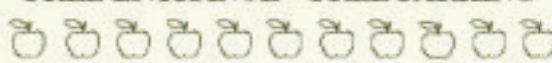
Art in the Barn

*Exhibition of talented local artists in the barn-stone barns.
Rural crafts, local sustainability project and other displays.
Lunch & Refreshments - in aid of the Village Hall*

Tractors in the Field

Vintage Tractor Rally - rides, stalls and working demos.

FREE ENTRANCE - FREE PARKING



Tel: 01460 77092 - North Perrott, Creechknapp, Somerset TA18 7SS
www.perrottbrand.co.uk www.facebook.com/farmshop

the beehive



**Dowell St.
Honiton
EX14 1LZ**

NERVE (15)

Fri 30 Sep 7.30pm

Tickets: £6.50/£5.50

Veve has had it with living life on the side lines. When pressured by friends to join the popular online game Nerve, she decides to sign up for just one dare in what seems like harmless fun. But the game takes a sinister turn.

THE BFG (PG)

Sat 1 Oct 3pm & 7pm

Tickets: £6.50/£5.50

A Roald Dahl story. 10 yr old Sophie is in for the adventure of a lifetime when she meets the Big Friendly Giant. Naturally scared at first, Sophie soon realises that the 24-foot behemoth is actually quite gentle and charming.

For all event details visit

www.beehivehoniton.co.uk

Beehive box office: 01404 384050

Box office open
10 - 2 weekdays
10 - 12 Saturdays
1 hour before
events

Pulman's Property View

MORE AWARDS FOR CHARTERED SURVEYORS SYMONDS & SAMPSON

SYMONDS & Sampson have been established for over 158 years and have flourished by attracting free thinking people who give their clients exceptional service through informed professional advice.

The firm are recognised as one of the leading firms in the country having won a number of awards and have been judged by the very best industry standards. This year they have had success in the International Property Awards and the Negotiator Awards.

Senior partner, Andrew Robinson, says "We were very proud to be considered, let alone nominated, for the different awards and to be acknowl-

edged by respected people within the surveying and agency world is a great achievement."

"Symonds & Sampson have won best marketing in the south west principally for their annual magazine 'Country Matters' but also for our flamboyant advertising. We now go forward to be judged for the national award. The magazine is put together by a small in house team, mainly in their spare time, and is a unique and diverse publication that is read with anticipation by our clients and fellow professionals"

"We have also won best lettings agency in Dorset and, again, will be referred to the

adjudicators for the whole of the UK. This a reflection of the immense amount of pride the staff in our lettings department have in their work providing outstanding service to our clients."

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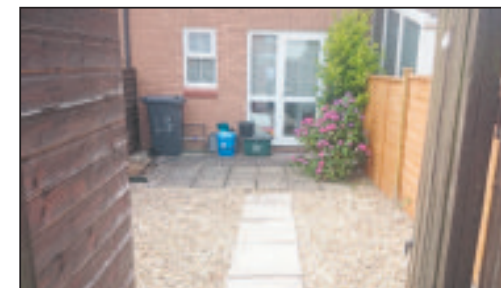
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Foxwood is situated in a delightful semi-rural location within easy access to the neighbouring sought after village of Stockland, which benefits from a primary school, village hall, cricket pitch, children's playpark and tennis court. The property itself benefits from three bedrooms, a spacious kitchen/dining room, an inglenook fireplace and woodburner in the lounge, master bedroom with en-suite, land totalling circa 1.7 acres and various useful outbuildings. The property would be an ideal location to run a smallholding from.

PRIMROSE WAY, SEATON - £162,950



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Purchase Additional Garden | Woodburner in Living Room | **£500,000**

PLOT 75, STREAMSIDE



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Colyton, 4 Bedroom Detached Country Home. £675,000

A superb four bedroom country home in an outstanding rural location with gardens and grounds approaching three acres. Outstanding panoramic views over the hills and countryside surrounding Colyton. Formal garden areas. Paddocks. Garage/workshop and outbuildings. EPC rating E.



NEW PRICE

Seaton, Detached Bungalow with Views. £254,950

An attractive two bedroomed bungalow benefiting from delightful panoramic views over the Axe Valley and Lyme Bay. Landscaped gardens. Integral garage. EPC rating D.



Seaton, Attractive 5 Bedroom Family House. £650,000

An attractive and very substantial five bedroom family house located on one of the premier roads in Seaton with outstanding views over Lyme Bay. Gardens. Double Garage. EPC rating D.



Beer, 3 Bedroom Detached Bungalow. O.I.E.O £650,000

A superb split level three bedroom detached bungalow set in a 0.4 acre plot, offering breath-taking views over the Heritage Coast and Lyme Bay towards Portland Bill. EPC rating D.



Beer, Detached 4 Bedroom House. £825,000

A rare opportunity to purchase a unique period Arts and Craft family home in a truly idyllic setting with the benefit of occupying landscaped gardens amounting to just over a half an acre with the added benefit of a detached one bedroom annexe. Garage/workshop. EPC rating E.



Seaton, 2nd Floor Apartment with Sea Views. £219,950

A superb apartment situated in a most attractive period building in gardens and grounds benefiting from lovely views over Lyme Bay and Haven Cliff. Period style uPVC DG sash windows. Communal gardens. Parking. EPC rating F.



Axmouth, Split Level Detached House. £325,000

An appealing 3 bedroom detached house located in a quiet cul-de-sac close to the centre of the village and providing spacious and flexible accommodation. Double garage. Gardens. EPC rating F.



Beer, 3 Bedroom Period End Terrace. £335,000

A most appealing three bedroom period end of terraced character home that has been a most successful holiday let that could continue in its present role or would make a delightful main home. Courtyard garden. EPC rating E.



Seaton, Detached 3 Broom Bungalow. £285,000

An appealing three bedroom detached bungalow located in a quiet cul-de-sac in the western part of the town and having south facing gardens with some sea views. EPC rating F.



Beer, Delightful 4 Bedroom Cottage. £415,000

A superb and most attractive stone fronted former fisherman's cottage in the heart of Beer. Landscaped gardens providing a Mediterranean feel, garage and additional vehicle parking. EPC rating D.



Seaton, 4 Bedroom Detached Bungalow. £399,950

A superb and very spacious four bedroom detached chalet bungalow built to a very high standard in a level convenient position for the town centre and sea front. Landscaped gardens. Attached garage and ample onsite parking. EPC rating D.



Kilmington, 2/3 Bedroom Period Cottage. £337,500

A delightful and most appealing two/three bedroom cottage period cottage in an idyllic location close to the village centre of with appealing outward rural views. Landscaped gardens, garage and onsite parking. EPC rating F.



Seaton, 4 Bedroom Detached House. £299,500

A most attractive and beautifully presented four bedroom detached house located in a very convenient position for the town centre and sea front. Enclosed garden to the rear, garage with additional on-site parking. EPC rating C.



NEW PRICE

Beer, Substantial Shop and Spacious Flat. £450,000

A substantial commercial freehold property at the heart of the village, comprising a spacious shop unit with a large three bedroomed owners flat above. Shop EPC rating E, Flat EPC rating F.



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Colyton, 3 Bedroom Semi-Detached House. £900 PCM

An attractive 3 bedroomed semi-detached house in an excellent town centre location, with the benefit of a large barn at the rear. Courtyard garden. Garden room. Parking with storage areas. Gas CH. Oak staircase. Exposed flooring. EPC rating E. Fees Apply.

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NEW! LYME REGIS

£228,000



Only a short level walk to the beach and local amenities, this much loved family home offers three bedrooms, open plan living/dining room, kitchen/breakfast room and a family bathroom. Further benefiting from enclosed front & rear gardens and off-road parking. Local housing restriction applies. Tenure: Freehold EPC: D.

NEW! AXMINSTER

£415,000



A three bedroom detached home situated centrally within its own plot in the heart of the market town of Axminster. Although the property is located within walking distance of the town centre, it remains remarkably private, being set within a walled boundary. Tenure: Freehold EPC: D.

NEW! CHARDSTOCK

£194,950



A three bedroom family home situated in the popular village of Chardstock which is located on the edge of the Blackdown Hills. Tenure: Freehold EPC: TBC.

NEW! DRIMPTON

£359,950



A beautifully presented cottage style property, which is located in a cul-de-sac with in the Dorset village of Drimpton. Tenure: Freehold EPC: C

NEW! RAYMONDS HILL

£400,000



A three bedroom detached bungalow on a level plot located at Raymonds Hill on the outskirts of Axminster. The location is ideal for those purchasers who require easy access to the coastal resort of Lyme Regis just a few miles away and the facilities on offer in the nearby market town of Axminster. Tenure: Freehold EPC: E.

NEW! AXMINSTER

£235,000



A substantial semi-detached four bedroom house offering well-proportioned accommodation. Positioned in a popular area to the south of the market town of Axminster, this home would make an ideal purchase for buyers with a growing family, who are seeking a larger property. Tenure: Freehold EPC: C.



AXMINSTER £359,950
An extended detached bungalow positioned at the end of a private driveway within a sought after cul-de-sac on the northern edge of the market town of Axminster. There is a double garage with ample parking to the front and well maintained gardens to the rear. Tenure: Freehold EPC: C.



NEW PRICE! AXMINSTER £294,950
This 1950s detached bungalow, situated on the southern edge of the market town of Axminster, comes to the market for the first time in 25 years with no onward chain. Tenure: Freehold EPC: F.



RAYMONDS HILL £575,000
A well-proportioned detached bungalow, which has been the subject of renovation and extension over the past 50 years, and now provides a welcoming home within a sought after location. Tenure: Freehold EPC: E.



NEW PRICE! AXMINSTER £395,000
A wonderful detached bungalow in a peaceful location within walking distance of Axminster town centre. This charming architect designed home, built in the late 1980s by local builder Harold Thresher, comes to the market with the added benefit of enclosed gardens, studio, garage and no onward chain. Tenure: Freehold EPC: E.



AXMINSTER £365,000
A superbly presented three bedroom bungalow conveniently situated close to the facilities on offer in the market town of Axminster. Offering good size accommodation, integral garage, parking and with well-tended gardens, this modern home demands viewing to be fully appreciated. Tenure: Freehold EPC: D.



NEW PRICE! AXMINSTER £114,000
A purpose built two bedroom apartment within close proximity to the town centre. The property benefits from uPVC double glazing, walk in storage area and a part rural aspect. An internal inspection of the property is required to fully appreciate the accommodation offered; for over 55's only. Tenure: Leasehold EPC: C.

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NEW

COLYFORD £269,950



Rose Cottage is a very well presented Grade II listed, two bedroom, end terrace, period, thatched cottage in the heart of Colyford Village. The cottage has the benefit of parking for two cars.

NEW

AXMOUTH £220,000



Two double bedroom property with scope for extension, enjoying lovely views and fronting fields in the picturesque village of Axmouth. EPC rating G.

SEATON £135,000



Generous one bedroom apartment with sea views and front and rear courtyard, occupying the ground floor of this beautiful Victorian property which is within walking distance of the town centre and seafront. EPC rating F.

SHUTE £305,000



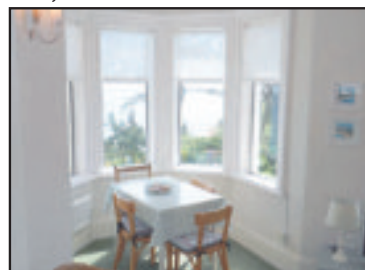
Grade II Listed terraced house with 3 bedrooms, lovely garden, garage and parking. The Stables were converted in 1974 into seven properties and have kept many features throughout, situated in a beautiful semi-rural location.

SEATON £285,000



Immaculate detached 2/3 bedroom chalet bungalow which occupies a generous plot with garage, parking and lovely mature rear garden. EPC rating E.

SEATON £159,950



Well presented 2 bedroom apartment with outstanding sea views over Lyme Bay. Located within walking distance of the town and seafront. Parking and storage area. EPC rating C.



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SEATON £595 PCM



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SEATON £500 PCM



A ONE BEDROOM, UNFURNISHED, APARTMENT CENTRALLY LOCATED IN THE HEART OF SEATON, CONSISTS OF LOUNGE, KITCHEN, BATHROOM AND ONE DOUBLE BEDROOM. NO PETS OR CHILDREN. EPC RATING: D. TENANT FEES APPLY.



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Web Ref: AXM160108

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Axminster £525 pcm

A first floor two bedroom flat close to the town centre and local leisure facilities. Offering lounge, kitchen/breakfast room and shower room. Available immediately. No pets. EPC band C.

Web Ref: AXM160111

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Axminster £530 pcm

A spacious two bedroom ground floor apartment. Offering two double bedrooms, off road parking and communal garden to the rear. Regret no pets. Available end October. EPC band C.

Web Ref: AXL060062

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Axminster £585 pcm

A well presented two bedroom property with conservatory and parking, set in convenient location within walking distance to town centre. Pets and children considered. Available October. EPC band D.

Web Ref: ACC120320

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Tytherleigh £650 pcm

A spacious semi-detached property. Offering sitting room, kitchen/diner, cloakroom, two double bedrooms with views, bathroom, gardens surrounding, parking and garage. Available immediately. EPC band G.

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Membury £795 pcm

A charming detached three bedroom cottage in the peaceful hamlet of Rock. Available unfurnished, includes elevated garden, off road parking and garage. Pets & children considered. Available September. EPC band F.

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Lyme Regis £825 pcm

Two bedroom bungalow set in a tranquil location, within walking distance to the town and beach. Court yard garden, garage and availability for one other car to park. Available October. Pets considered. EPC band D.

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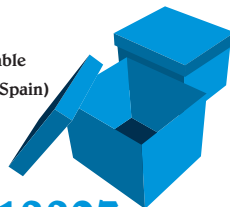
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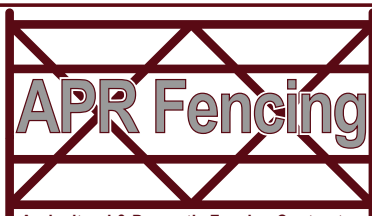
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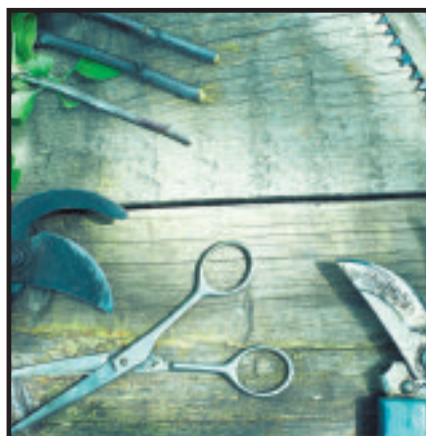
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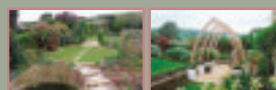
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Kia introduces powerful new Soul 1.6 T-GDI and updates Soul model line-up

KIA has announced details of a range of upgrades to the Soul compact SUV, and the introduction of a powerful new 201 bhp 1.6-litre T-GDI engine variant, the most powerful Soul ever engineered by the Korean brand.

The Soul has received a light update to its exterior and interior design, and is now available with new safety and infotainment technologies. The upgraded Soul and Soul 1.6 T-GDI will be available in the UK from late 2016 and will have its public unveiling at the 2016 Paris Motor Show (Mondial de l'Automobile) on 29 September.

Soup for the Soul: Kia launches new 201 bhp Soul 1.6 T-GDI

Kia has introduced a new version of the Soul to the line-up – the new Soul 1.6 T-GDI.

Powered by Kia's 201 bhp 1.6-litre T-GDI (turbo gasoline direct injection) engine from the Cee'd GT and Pro Cee'd GT, the new Soul 1.6 T-GDI is the most powerful Soul that Kia has produced. With the new engine, the car will accelerate from 0-to-60 mph in 7.5 seconds, with a top speed of 122 mph and produce CO2 emissions of 156 g/km.

The engine transmits its power to the front wheels through Kia's advanced new seven-speed double-clutch transmission (7DCT), providing instant gear changes and decisive acceleration at all speeds. A new Drive Mode Selector – available across the Soul range on models equipped with the 7DCT – lets Soul T-GDI drivers switch between Normal, Eco and Sport modes, each subtly adapting the level of steering assistance available, to allow for normal, light or heavy steering depending on driver preference and driving conditions.

The Soul 1.6 T-GDI is differentiated from conventional models in the Soul range with a series of exterior modifications, including a bolder front bumper and air intake grille design, twin exhaust pipes at the rear, and its own 10-spoke 18-inch aluminium alloy wheel design. Completing the sportier appearance of the T-GDI model are red highlights to the front bumper and side sills.

Kia has also made changes to the interior of the Soul 1.6 T-GDI. The powerful new model features its own distinctive cabin colour scheme, with black cloth and leather upholstery paired with orange stitching. A D-shaped steering wheel and orange highlights throughout the cabin, including orange metal paint on the gearstick, add further purpose to the design of the Soul 1.6 T-GDI's interior.

The Soul 1.6 T-GDI is available with larger brakes than the standard Soul. The car is fitted with 17" ventilated front discs, the solid rear discs remain the same size. The revised brakes reduce the stopping distance of the Turbo model

slightly, to 35.3 metres when stopping from 60 mph (down from 35.5 metres), with the changes primarily made to ensure fade-free braking power under consistent use.

Design and technology upgrades to the Kia Soul range

The Kia Soul range has received a series of upgrades to further enhance its appeal among buyers.

These include updates to its exterior appearance, with remodelled front and rear bumpers featuring a metallic skid plate for a more robust appearance. The Soul's front bumper houses optional bi-function HID (high-intensity discharge) headlights with LED daytime running lights, and an updated finish to Kia's signature 'tiger-nose' grille. The rear of the car features newly-designed fog lamps and reflectors for greater illumination for following road users.

The ambience of the cabin has also been enhanced with the introduction of new gloss black and metallic highlights and switchgear. In addition, new exterior features emphasise the car's compact SUV credential with a gloss black finish to front and rear wheel arches, and a body kit for front and rear bumpers and side sills on selected models.

New technologies will further enhance the appeal of the Soul, with buyers able to choose from Kia's latest 5.0-, 7.0- or 8.0-inch colour touchscreen infotainment HMI (human-machine interface). The new HMI systems provide smartphone-style touchscreen control over the audio-visual navigation system, and is available with Apple CarPlay™ (for iPhone 5 or newer) and Android Auto™ (for Android 5.0 Lollipop or newer) for full smartphone integration. The new HMI systems also house a rear-view parking camera, and a new USB port has been added to the rear of the cabin, allowing back-seat passengers to charge mobile devices on the move. The front passenger seat is also now available with eight-way power adjustment, and drivers can benefit from new rain-sensing windscreen wipers and, in models equipped with 7DCT, the new Drive Mode Selector.

Safety is also improved in the Soul with the adoption of Blind Spot Detection (BSD) with Rear Cross Traffic Alert (RCTA) for the first time, giving drivers better all-round visibility on motorways and during low-speed parking manoeuvres.

2017 Kia Soul and Soul 1.6 T-GDI on sale in UK from late 2016

The upgraded Kia Soul and the new Soul 1.6 T-GDI will be available from Kia's UK dealer network in late 2016 following its unveiling in Paris. Full UK specification and pricing will be released at launch.



▲ Kia introduces powerful new Soul 1.6 T-GDI



▲ Kia introduces powerful new Soul 1.6 T-GDI

The Ferrari GTC4Lusso T revealed

THE upcoming Paris Motor Show provides the venue for the unveiling of the GTC4Lusso T, the first four-seater in Prancing Horse history to sport a turbo-charged V8 engine, hailing a whole new Ferrari GT concept aimed at owners seeking a car that is sporty and versatile, as well as perfect for driving on a daily basis.

The new GT effortlessly marries elegance, superb occupant comfort and sportiness with the thrilling driving dynamics delivered by a combination of rear-wheel-only drive, four-wheel steering, lighter overall weight and increased weight bias towards the rear (46:54).

The car's 3.9-litre V8 turbo is the latest evolution to emerge from the engine family that was nominated the 2016 International Engine of the Year. Its maximum power output is 610 cv at 7,500 rpm while maximum torque of 760 Nm is available at between 3,000 and 5,250 rpm.

The V8 turbo's characteristics suit day-to-day driving in urban contexts: a rich powerful soundtrack in acceleration that becomes more muted at lower speeds, rapid pick-up from low revs courtesy of versatile, modular torque delivery and, last but not least, excellent range.

The GTC4Lusso T's dynamic control systems have been specifically calibrated to boost responsiveness

to commands. In particular, the 4WS (rear-wheel steering), which is integrated with Side Slip Control (SSC3), makes for more rapid response to steering wheel inputs entering and exiting corners, thanks to the rear wheels steering in the same direction as the front ones.

The feeling of longitudinal performance in this new model has been enhanced at low speeds by Variable Boost Management and underscored by throttle response with zero turbo lag. Thanks to variable torque curves (VBM) between 3rd and 7th gear, longitudinal acceleration is consistent through the ratios, increasing smoothly with engine speed, resulting in a feeling of vivid but

superbly progressive acceleration.

The GTC4Lusso T's styling remains the same innovative take on the shooting brake coupé, reinterpreting the concept with an extremely streamlined, tapered shape that gives it an almost fast-back-like silhouette. The cabin is an effortless melding of distinctive Ferrari styling and the luxurious elegance expected of a four-seater GT. The GTC4Lusso T features the unique Dual Cockpit architecture, designed to enhance the shared driving experience for both driver and passenger. It also incorporates the latest iteration of the infotainment system complete with an impressive 10.25" HD capacitive touchscreen.



▲ Ferrari GTC4Lusso T

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2014 64 Volkswagen Up (High) 1.0, Nicely Equipped, As New.....	£7,995	2007 Seat Ibiza 1400 Sport Hatchback.....	£3,495
2014 Citroen C3 Picasso 1600 HDi Diesel VTR Plus, MPV, 5dr.....	£8,995	2007 Ford Focus 1600 Sport, 5dr, FSH.....	£4,995
2014 Eco Sport Titanium X-Pack 1500 TDCi, As New, 2k.....	£15,995	2007 57 Toyota Yaris T.2 1.0 Litre, 5dr, V. Popular.....	£4,795
2014 Vauxhall Zafira 1700 Diesel Design Nav, 7 Seat MPV.....	£11,995	2007 Ford Fiesta Zetec Climate 1600 +DCi, 5dr, Fully Equipped.....	£4,695
2014 Vauxhall Corsa 1.4 SXi, 5dr, 7k.....	£8,995	2007 Vauxhall Agila 1200, 5dr.....	£3,995
2014 Vauxhall Zafira 1.7 CDTi Diesel Design Nav, 7 Seats, MPV, 7k.....	£11,995	2006 56 Citroen C2 1100 Hatchback.....	£2,995
2014 Honda Jazz 1200, I-VTch.S, 5dr, 10k, 1 Local Owner.....	£9,995	2006 Ford Focus 1.6 Sport, 5dr, 27k, Very Clean.....	£4,695
2013 Volkswagen Polo 1200 S, 5dr, 1 Owner, 6k.....	£8,795	2006 56 Peugeot 207 1.4S 5dr, 2 Owners, FSH.....	£3,995
2013 63 Ford Fiesta 1600 Titanium X Auto, Sat Nav, 1 Local Owner, Very Rare.....	£9,995	2006 Nissan Micra 1240 S, 5dr.....	£2,995
2013 63 Chevrolet Spark 1.0L LS 5dr, One Owner, 14k.....	£5,795	2006 Vauxhall Tigra 1400 Sport, Black.....	£2,995
2013 63 Ford Fiesta 1200 Zetec, 5dr, White, 9k.....	£9,995	2006 Citroen C2 1400 Hatchback.....	£2,995
2013 Suzuki 1.0 Alto SZ, 5dr, Beautiful Condition.....	£4,995	2006 Renault Megane 1600 Dynamique.....	£1,495
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2013 Vauxhall Corsa 1400 SE 5dr, 19k, FSH.....	£7,995	2005 55 Renault Clio 1400 Dynamique, 16v, 5dr.....	£1,995
2013 Vauxhall Corsa 1400 SE 5dr, 1 Owner, Like New.....	£8,995	2005 Ford Ranger XLT Thunder 2.8 Diesel, 4dr Cab Pickup Truck.....	£6,995
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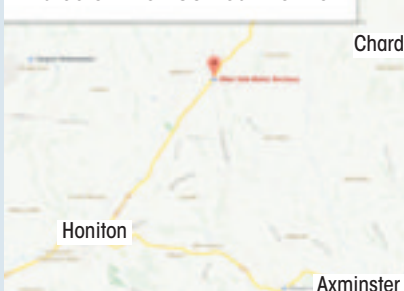
Vehicle Details

Mileage 79,000 miles
Owner(s) 2 registered
Transmission Manual
Fuel Diesel

Vehicle Features

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Alarm
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MINI John Cooper Works Clubman

THE new MINI John Cooper Works Clubman offers all the style, practicality and fresh-thinking of the Clubman, combined with the high performance and sporting dynamics of the John Cooper Works range.

The result is a unique and exclusive proposition that combines the John Cooper Works-specification engine and corresponding modifications with MINI's ALL4 all-wheel drive system. In creating this potent model, able to take full advantage of the maximum possible traction in all conditions, MINI has created a powerful but practical vehicle that's fun to drive in the true spirit of a MINI.

As the latest member of the John Cooper Works family, the MINI John Cooper Works Clubman features all the upgrades already seen on the John Cooper Works Hatch and Convertible models. These include the 231hp engine with modified MINI TwinPower turbocharger, sports suspension and powerful braking system. A 0-62 mph time of just 6.3-seconds and a top speed of 148 mph is the result, but not at the expense of economy or emissions; with up to 41.5mpg on the combined cycle and CO2 emissions as low as 154 g/km.

The MINI John Cooper Works Clubman is instantly recognisable thanks to its more aggressive front and rear bumpers,

and its rear wing. These not only help reduce lift, but in the case of the front section, assist with the additional cooling requirements of the more powerful engine. Unique alloy wheels and John Cooper Works badging also denote the top-of-the-range Clubman, as does the option of the special colour 'Rebel Green'.

Inside, the John Cooper Works specification includes sports seats, an Alcantara headliner, and a wide array of standard equipment including MINI Navigation, Bluetooth and USB connectivity, and cruise control with brake function. MINI logo projection is also included within the standard package. Beyond that, MINI offers a huge

range of personalisation options and further equipment, allowing owners to create their own, unique, MINI John Cooper Works Clubman.

Over 80% of MINI John Cooper Works Clubman customers are expected to choose the Chili pack which adds a host of additional extras to the car. These features include the customer's choice of any upholstery from the range, heated seats, 19" Course spoke alloy wheels and the storage compartment pack. Chili pack is priced at £2,000 on MINI John Cooper Works Clubman.

A range of additional option packs and personalisation equipment allows every MINI John Cooper Works Clubman

buyer to tailor their car to their exact preferences, in the process creating a unique take on an already highly exclusive vehicle.

The new MINI John Cooper Works Clubman will receive its

world premiere at Paris Motor Show, Mondial de l'Automobile 2016. Customers can place orders for the new model at MINI retailers across the UK from today.



▲ The new MINI John Cooper Works Clubman

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Sport – East Devon round-up

with Howard Larcombe

@howardlarcombe

football the local round-up

Leaders up next for goal-shy Axminster

Norman double boost for Vikings – Farway squeeze through on pens – Tops stunned by Sidmouth

football tables

SW Peninsula D1E (34) Pld	Pts
Crediton Utd.....	21
Stoke Gabriel.....	18
Newton Abbot Spurs.....	17
AXMINSTER TOWN.....	17
Torriseside.....	16
Brixham AFC.....	16
Liverton Utd.....	16
St Martins.....	15
Exeter University.....	14
SIDMOUTH TOWN.....	12
Appledore.....	10
Teignmouth.....	8
Bovey Tracey.....	7
Budleigh Salterton.....	6
Totnes & Dartington.....	9
Alphington.....	7
Galampton Utd.....	10
Exwick Villa.....	10

D&E Premier (28) Pld	Pts
Newtown.....	18
Elmore.....	15
Honiton Town.....	13
Seaton Town.....	9
Heavitree Utd.....	7
Topsham Town.....	4
Clyst Valley.....	4
Exmouth Amateurs.....	6
Okehampton Argyle.....	5
Hatherleigh Town.....	6
Upottery.....	3
Feniton.....	4
Newton St Cyres.....	3
Bow AAC.....	5
Beer Albion.....	2

D&E Div 1 (20) Pld	Pts
Cronies FC.....	7
Colyton.....	7
Wellington Res.....	7
Alphington Res.....	2
Sidmouth Town Res.....	2
Lyme Regis.....	2
University Res.....	4
Willand Rovers Res.....	4
Wetheridge Res.....	2
Exmouth Town Res.....	4
Bickleigh.....	4

D&E Div 2 (26) Pld	Pts
Lapford.....	10
Dawlish Utd.....	7
Dawlish Town.....	4
Cullumpton Ran Res.....	3
Heavitree Utd Res.....	6
Halwill.....	5
Tipton St John.....	5
Woodbury.....	5
University 3rds.....	4
Lymington.....	4
Axmouth Utd.....	2
Newtown Res.....	3
Budleigh Salt Res.....	2
Chagford.....	2

D&E Div 3 (20) Pld	Pts
Bampton.....	9
University 4ths.....	9
East Budleigh.....	9
PERRY STREET.....	7
Axminster Town Res.....	4
Tedburn St Mary.....	6
Exmouth Amat Res.....	4
Newton Poppleford.....	2
Clyst Valley Res.....	1
Honiton Town Res.....	3
Culm Utd.....	5

D&E Div 4 (24) Pld	Pts
Thorverton.....	9
Upwanton Athletic.....	9
Morchard Bishop.....	7
Ottery St Mary.....	7
Otterton.....	6
Countess Wear Dyn.....	3
Kentisbeare.....	1
University 5ths.....	2
Sampford Peverell.....	3
Pinhoe.....	3
Sandford.....	4
Priority.....	2
St Martins Res.....	3

D&E Div 5 (24) Pld	Pts
Royal Oak.....	12
South Zeal Utd.....	10
Crediton Utd Res.....	9
Winchester.....	6
Whitport & Pinhoe.....	6
Starcross Generals.....	4
North Tawton.....	4
Milway Rise.....	3
Newton St Cyres.....	3
Beer Albion Res.....	4
Alphington 3rds.....	1
Feniton Res.....	2
Awilcombe Utd.....	4

SW PENINSULA LEAGUE

Division One (East)

Liverton Utd 3

AXMINSTER TOWN 0

A SECOND goal less outing in seven days has Axminster Town slip to fourth spot in the table.

The first appeared to be ending goalless when a Ryan Beattie free-kick reached Connor Stewart who nodded past keeper Scott Wells-Burr.

Five minutes after the turnaround Stewart turned provider when he crossed for the division's top scorer Sean Finch to head home.

The result was assured on the hour mark when debutant Mike Turner lobbed the ball over Wells-Burr.

Both sides ended the day with 10-men with the hosts' Ian Down showing a straight red card with Tigers' playmaker Danny Clay was dismissed after receiving his second yellow.

Next up for Axminster is tomorrow evening's visit by current league leaders CREDITON UNITED (7.30pm) before BOVEY TRACEY arrive at Tiger Way on Saturday (3pm).

Axminster: Scott Wells-Burr, Craig Every, Ben Clay, Chris Duchenki, Elliot Dyer, Liam Cleal, Nathan Warren, Callum Garrett, Danny Clay, Oscar Latas, Jonny Hurford. Subs: Tony Pinder, Mark Scott, Danny Applin.

SIDMOUTH TOWN 2 BOVEY TRACEY 1

SIDMOUTH began the game on the front foot with Nathan Antat and new signing Brendon Green giving the visitors plenty to think about.

They were in complete control of the first half with Antat, Jamie Orchard and Dan Evans all testing the visiting keeper.

But it was MoM Dan Norman who put the Vikings ahead converting a fine cross from Antat.

For the second time this season the supporters at Manstone saw some excellent sportsmanship as the referee was unsure if Norman's shot had crossed the line and he needed the visiting linesperson to guide him.

Sidmouth continued on the front foot and Norman was soon on the score sheet again, tucking away a loose ball in the box with deadly accuracy.

The hosts then eased off a little and Bovey when Joe Bushin won his header against Sidmouth's James Clampin and headed home.

Keeper Dan Stapleton was injured in the process and was forced off in the 75th minute with Kieran White donning the gloves and the full back proved to be an able replacement making several fine stops.

In the 85th minute Bovey thought that they had equalised when Bushin rifled past White but was flagged for offside, a tight call but the right one as it looked like the vastly experienced striker mistimed his run.

Sidmouth: Stapleton, Jones, Newbery (Capt), Clampin, Wellman, Antat, Davies, Evans, Green, Orchard, Norman. Used Subs: White, Burrows, Binion.

Macron Devon & Exeter

League round-up by Collin

Goodwin

FIRST Division outfit SIDMOUTH TOWN RES pulled a big rabbit out of the bag when they knocked reigning Premier champions TOPSHAM TOWN out of the East Devon Senior cup on their own patch. The Vikings won 5-4 with Ferenc Bodor getting a hat-trick and Scott Hughes bagging the other two.

PERRY STREET won the other cup game played 2-1 at PRIORY to reach the next round of the Bill Slee trophy.

Meanwhile Premier leaders NEWTOWN came back from a 1-0 half-time deficit to beat their landlords NEWTON ST CYRES 5-1 who had led from the second minute. Newtown really got their act together after the break with Corey O'Donoghue and Ben Howard scoring twice and Dale O'Donoghue once.

HONITON TOWN stole the show however as they blew away HEAVITREE UNITED'S 100 per cent record 4-0. Tom Perryman struck twice with Ben Ashford and Luke Barwick also scoring.

ELMORE were not at their best but stay second following a 4-1 win against BEER ALBION who also led at half-time. Kieran Rapo 2, Brad Newberry and Jordan O'Leary scored for the Eagles but the match was held up for 40 minutes at one stage as a Beer player dislocated his knee.

OKEHAMPTON ARGYLE won a hard match against UPOTTERY 3-2 with Brad Ausden scoring twice, and Red Cann once, and EXMOUTH AMATEURS proved to sharp for visitors BOW AAC who were beaten 3-0 at Warren View.

FENITON claimed their first points beating HATHERLEIGH TOWN 4-1 with Phil Everett, Jon French, Danny Lewis and Ben Ede scoring. Greg Mitchell had the Hatherleigh goal but they struggled after Dean Rice received a red card.

SEATON TOWN continue to prosper especially at home, their latest visitors CLYST VALLEY sent away defeated 2-0 by goals from Matt Hancock and Seth Wakely.

CRONIES FC regained top spot in Division One after crushing BICKLEIGH 7-1 at Happy Meadow. Liam Carey struck twice, singles coming from Mike Benyon, James Fanson, Martin Tyrer, Ben Lawrence and Matt Webb.

LYME REGIS were 2-1 winners with goals from Kieren Daniels and Sam Day at deposed leaders WELLINGTON TOWN, while COLYTON also share top spot following their 1-1 draw at WILAND ROVERS. Cal Somers rescued a point for the off-colour Tanners with an 85th minute penalty.

ALPHINGTON won 1-0 at home to the UNIVERSITY, and WITHERIDGE won a cracking game against EXMOUTH TOWN 4-3.

Division Two leaders LAPFORD had to settle for a 2-2 draw against a battling WOODBURY.

Harry Leach and Josh Phillips were the home scorers.

LYMPSTONE and HALWILL drew 1-1, the visitors getting a 90th minute equaliser from Andrew Wonnacott.

NEWTOWN won 2-1 against TIPTON ST JOHN with Jake Ranger and Ryan Wallis on target.

The UNIVERSITY knocked Division Three leaders EAST BUDLEIGH off their perch 2-1 while preserving their 100 per cent record. Peter Lucas and Joe Hooton were the collage scorers.

Ryan White smashed five goals for BAMPFON in their 8-1 victory at CLYST VALLEY, and goals from Turner, Hancock and Macauley saw AXMINSTER win 3-1 against HONITON.

PINHOE came good against Division Four leaders OTTERY ST MARY, the pins winning 4-0.

UPLOWMAN ATHLETIC were 4-1 winners at COUNTESS WEAR DYNAMOES whose goal came in the last minute. Dan Smith, Adam Cumes, Stuart Bolt and Daryl Berner shared the goals.

Morgan Vallejo scored twice for the UNIVERSITY in their 3-2 win against MORCHARD BISHOP whose Ryan Gibson-Heard had their two goals.

After winning their first four matches away from home, the Division Five leaders ROYAL OAK showed they are just as good on their own patch sweeping FENITON aside 8-1. Over at Furze-brake an Ed Karajev goal couldn't save BEER ALBION from a 4-1 home defeat by STARCROSS GENERALS.

SOUTH ZEAL kept in touch winning 4-1 at ALPHINGTON, followed by CREDITON UNITED who surprised WHIPTON & PINHOE 2-1.

OFFWELL RANGERS are the new Division Six pacemakers after their 3-0 win at HATHERLEIGH, with WINKLEIGH hot on their heels after a convincing 4-0 victory against ELMORE.

In Division Seven WELLINGTON TOWN were checked by a 3-3 draw at SIDMOUTH TOWN, which enabled ILMINSTER TOWN to edge closer after they beat SEATON TOWN 4-0.

CRANBROOK won 5-1 at WOODBURY with Reece Saunders getting a hat-trick.

Division Eight saw leaders NEWTON POPPLEFORD held 1-1 by AMORY GREEN ROVERS, which saw KENTISBEARE close to within a point after beating SANDFORD 5-0.

SEVEN STARS KENNIFORD celebrated their first ever win beating BRADNINCH 3-1. Secretary Adam Milton scored twice.

Tylor Grigg scored twice as BRAVEHEARTS came from two down to win 4-3 at AXMINSTER. Graham Bowles and Lawrence Clark also scored.

There's just no stopping Division Nine leaders WITHERIDGE. Their latest victory was 5-2 at HONITON with Aaron Carter, Matt Smith, Adam Summers, Ben Payne and an own goal making up their numbers.

Lawrence Taylor scored twice for CHAGFORD 3-1 winners

against TEDBURN ST MARY, and Don Beer scored twice for FENITON who edged AMORY GREEN ROVERS 3-2.

RESULTS

DEVON PREMIER CUP PRELIMINARY

Georgeham & C 1, East Allington 2.

MACRON DEVON & EXETER

PREMIER

Elmore 4, Beer Albion 1.
Exmouth Amateurs 3, Bow AAC 0.
Feniton 4, Hatherleigh Town 1.
Honiton Town 0, Heavitree Utd 4.
Newtown 5, Newton St Cyres 1.
Okehampton Argyle 3, Upottery 2.
Seaton Town 2, Clyst Valley 0.

DIVISION ONE

Alphington 1, University 0.
Bickleigh 1, Cronies 7.
Wellington Town 1, Lyme Regis 2.
Willand Rovers 1, Colyton 1.
Wetheridge 4, Exmouth Town 3.

DIVISION TWO

Axmouth United 3, Chagford 1.
Dawlish 2, University 3.
Dawlish Utd 3, Cullumpton Rgs 2.
Heavitree Utd 2, Bud Salterton 0.
Lapford 2, Woodbury 2.

DIVISION THREE

Axminster Tn 3, Honiton Town 1.
Clyst Valley 1, Bampton 8.
Culm Utd 0, Tedburn St Mary 8.
East Budleigh 1, University 2.
N Poppleford 7, Exmouth Amat 0.

DIVISION FOUR

Countess Wear 1, Upwanton 4.
Otterton 1, Sandford 0.
Pinhoe 4, Ottery St Mary 0.
Sampford Peverell 0, Thorverton 4.
St Martins 0, Kentisbeare 1.

DIVISION FIVE

University 3, Morchard Bishop 2.
Alphington 1, South Zeal 4.
Beer Albion 1, Starcross Gen 4.
Royal Oak 8, Feniton 1.
Whipton & Pin 1, Crediton Utd 2.

DIVISION SIX

Wincchester 6, Newton St Cyres 1.
Central v Feniton.
Dunkeswell Rovers 1, Hemoyck 4.
Halwill 2, Exwick Village 4.

DIVISION SEVEN

Hatherleigh Town 0, Offwell Rgs 3.
Lyme Regis 2, Stoke Hill 0.
Silverton 3, Central 5.
Winkleigh 4, Elmore 0.

DIVISION EIGHT

Cheriton Fitzpaine 3, Colyton 2.
HT Dons 3, Bickleigh 4.
Ilminster Town 4, Seaton Town 0.
K&M Polonia 1, Exmouth Spar 4.
Sidmouth Tn 3, Wellington Tn 3.

DIVISION NINE

Woodbury 1, Cranbrook 5.
Amory Green 1, N Poppleford 1.
Axminster Town 3, Bravehearts 4.
Bampton 5, Lapford 2.
Kentisbeare 5, Sandford 0.

DIVISION TEN

Seven Stars Kenn 3, Bradninch 1.
Upottery 5, Queens Head 2.
Central 3, St Martins 3.
Chagford 3, Tedburn St Mary 1.

DIVISION ELEVEN

Exmouth Amats 1, East Budleigh 2.
Feniton 3, Amory Green Rovers 2.
Honiton Town 2, Wetheridge 5.
East Devon Senior Cup
Topsham Tn 4, Sidmouth Tn 5.

BILL SLEE CUP

Priory 1, Perry Street 2.
Bow AAC v Honiton Town.
Hatherleigh Town v Elmore.
Okehampton Argyle v Topsham Tn.
Upottery v Beer Albion.

DIVISION ONE

Bickleigh v Alphington.
Colyton v Wetheridge.
Cronies v Wellington Town.
Sidmouth Town v Willand Rovers.
DIVISION TWO
Budleigh Salterton v Lymington.
Chagford v Lapford.
Dawlish v Cullumpton Rangers.

Dawlish United v Heavitree United.
Newtown v Halwill.

Woodbury v Axmouth United.

DIVISION THREE

Culm United v University.

Exmouth Amateurs v Axminster Tn.

Honiton Town v East Budleigh.

DIVISION FOUR

Morchard Bishop v Sandford.

Ottery St Mary v Sampford Peverell.

Pinhoe v St Martins.

University v Countess Wear Dyn.

DIVISION FIVE

Alphington v Crediton United.

North Tawton v Winchester.

Royal Oak v Starcross Generals.

South Zeal v Milway Rise.

Whipton & Pin v Newton St Cyres.

DIVISION SIX

Elmore v Hemoyck.

K&M Polonia Exeter 4.

Bickleigh Res 2.

Woodbury Res 4.

Cheriton Fitzpaine 4.

HT Dons 3.

Sidmouth Town 3rds 3.

Colyton Res 3.

Seaton Town Res 3.

DIVISION SEVEN

HT Dons v Ilminster Town.

K&M Polonia v Woodbury.

Seaton Town v Colyton.

Wellington Town v Bickleigh.

DIVISION EIGHT

Axminster Tn v Amory Green Rov.

Bradninch v Upottery.

Lapford v Bravehearts.

Seven Stars Kenn v N Poppleford.

DIVISION NINE

Amory Green Rovers v Central.

East Budleigh v Tedburn St Mary.

Honiton Town v Chagford.

Milway Rise v Exmouth Amateurs.

EAST DEVON SENIOR CUP

(Cups 2.30 pm, unless stated)

Culm Utd v Newton St Cyres.

Newtown v Exmouth Amateurs.

University v Feniton.

BILL SLEE CUP

Newtown Poppleford v Bampton.

Tedburn St Mary v Clyst Valley.

Tipton St John v Thorverton.

University v Upwanton Athletic.

FOOTBALL EXPRESS CUP

Beer Albion v Awilcombe United.

Amory Green Res 5.

Tedburn St Mary Res 3.

GEARY CUP

Bampton v Cheriton Fitzpaine.

Exmouth Spartans v Kentisbeare.

Sidmouth Town v Feniton.

St Martins v Cranbrook.

Wetheridge v Queens Head.

PERRY STREET LEAGUE

HAWKCHURCH United booked a Division One cup quarter-final at Shepton Beauchamp after brushing aside Pymore 9-2 on Saturday writes Howard Larcombe.

Goals for Gavin Herrod and James Melville put the Hawks in control with just 15 minutes on the clock.

But the west Dorset side squandered a clear chance to get back into the game when home keeper James Mitcham made his second penalty save of the season after referee Lance Turner had spotted a push by Jack Larcombe.

This sparked the hosts back into life and Herrod struck twice more and Dan Richards made it 5-1 at half-time.

Pymore pulled another goal back early in the second half only for Herrod to bag his fourth and Melville to score twice more to complete his hat-trick.

The scoring was rounded off by a Glenn Harding. Fred Parsons and Shane Webb netted for Pymore.

Quarter-final draw: Combe A v Forton Rangers, Waytown Hounds v Uplyme, Merriott Rovers v Ilminster Colts, Shepton Beau Res v Hawkchurch Utd.

football tables

darts news

RESULTS; Sept 20th
Div 1; Axminster Inn 1-9
Seaton Football Club,
PJs Seaton A 6-4 Tons
of Bull
Div 2; Con Club 9-1
Axminster Football
Club, Lamb Shanks 8-2
ITT Tigers (AFC), Red
Bulls 2-8 Thorncombe
Bees.
Missing Results; Div 1:
02/08 Axminster Inn v
Tons of Bull, 30/08
Axminster Inn v PJs
Seaton A. 06/09 Vault
A v Axminster Inn,
13/09 Tons of Bull v
The Thorns. 20/19
Vault A v Cloakham
Daggers.
**Results needed by Fri-
day to count in final
table.**
Most 180s; 1st Mark
Fisher (Cloakham Dag-
gers) 4, 2nd Ian Mac-
donald (ITT Tigers) and
Vincent Sweeney (Axe
Monsters) both 3.
Highest Shot Out; 1st
Tony Lawrence 160.

Division One	Pld	Pts
Cloakham Daggers	13	106
Seaton Town FC	14	95
Tons of Bull	12	82
PJs A	13	57
The Thorns	13	52
Vault A	12	47
Axe Monsters	14	47
Axminster Inn	11	24

Division Two	Pld	Pts
Con Club	14	115
Thorncombe Bees	14	79
Lamb Shanks	14	74
Red Necks	14	72
ITT Tigers	14	61
Red Bulls	14	54
PJs B (withdrawn)	7	50
Axminster FC	14	32
You're Barred (withdr'n)	7	23

Chard & District Premier Division	Pld	Pts
Mighty Oaks	13	167
Phoenix Clubbers	12	129
SS & The Boys Too	11	121
Projectile Disfunction	11	116
HRT	12	99
We can do this	12	96
Weiners & Baps	12	88
Madhouse Crew	11	80

Division One	Pld	Pts
Oakey Doaks	14	167
Fammie Js	13	154
Kings Assassins	13	146
Duck Fs	13	136
Cult of Personality	13	130
34s	13	124
Bazzers BE	12	122
Two Minute Crew	13	84
Tis Us	12	66
180s leaders; G Hill 8, L Cox and R Cox both 3, J Gardiner & A.Obem both 2.		

Jack high bowls news

Finals details at Honiton and Ilminster

HONITON with Julie Grant
HONITON Bowling Club's compe-
tition winners in the team events
this year were; Alan Fuller &
Scott Eveleigh in the men's pairs
who beat Jimmy Smith & Ken
Clarke.

In the Ladies pairs Di Hawkins
& Heather Chambers overcame
Joan Mackintosh & Sue Evans.

The mixed pairs saw Hannah
Morfe & Scott Eveleigh defeat

Sue Evans & Colin Mees and
Hannah with Scott also won the
Dimond Nex pairs by beating Di
Hawkins & Daphne Courtney.

The Tucker triples were won by
Laraine Carless, Mike Critchley &
Jimmy Smith, who beat Terry
Ballm, Di Hawkins & Scott
Eveleigh.

The Fortescue Charity shield
was won by Dulcie Broughton,
Heather Chambers & Gerry

Dommett.

The last two mixed friendlies
went the way of the opposition.
Against TORQUAY VICTORIA
Honiton lost 66-70 with the best
rink being Ron Rogers, Owen
Cleverdon & Berry Maynard 25-
14.

The very last match was won
by BUDE & STRATON 127-109.
Top rink was Di Hawkins, Bob
Mackintosh, Mike Critchley &
Jimmy Smith 32-9.

Honiton came third in three
leagues this season; in the East
of Exe, the Ladies Exeter & Dis-
trict and the Ladies Over 50
triples Division One.

ILMINSTER with Des Maull
LAST weekend saw Ilminster
Bowls Club Finals played in lovely
warm weather brining an end to
the outdoor season.

Men's results: Championship
Levi Hembrow 22 Ian Lightfoot
17; 2 wood singles Will Anderson
21, Alan Holt 15; 4 wood Handicap
Alan Holt 27, Will Anderson 26;
Non Winners 4 wood Singles
Kevin Crouch 21, Tony Peterson
16; Over 60s 4 wood Singles Will



◆ **ILMINSTER CHAMPIONSHIP FINALISTS:** Levi Hembrow (right) defeated Ian Lightfoot 22-17.

Anderson 21, Dave Crouch 13; 2
wood pairs Dave Pugh & Tony
Peterson 19, Eric Keitch & Will
Anderson 17; 4 wood pairs Tony
Bickle & Dave Crouch 23, Andy
Williams & Eric Keitch 11. Over
60s 4 wood Pairs Dave Hall &
Dave Crouch 23, John Osborne &
Rod Parkin 14.

Ladies results: Championship
Angie Thompson 21 Val Dargue 6;

2 wood Singles Angie Thompson
16, Norma Pugh 11; 4 wood Pairs
Norma Pugh & Angie Thompson
28, Betty Marner & Margaret
Evans 6; Mixed 4 wood Singles
Angie Thompson 21, Dave Crouch
20; Mixed 4 wood Pairs Angie
Thompson & Bev Brister 17,
Betty Marner & Roger Lench 6.

motor sport

Honiton and Ottery drivers in runners-up spots

CORNISHMAN Mike Lee asserted
himself on the Manor Farm hill-
climb course at Charmouth to take
a brace of victories across the weekend to
claim the Eric Moxom Memorial and The
Anniversary Trophies.

The Suzuki powered OMS 2000M pilot
claimed the Fastest Time of the Day in
both of the Woolbridge Motor Club
events but was challenged all the way by
fellow single-seater driver **James Gib-**

son.

The Sidmouth driver, in his OMS Hor-
net in the up to 1100cc category, one di-
vision below that of Lee, kept the
multiple Manor Farm winner honest fin-
ishing a mere 15 hundredths of a second
in arrears and reducing that margin to 13
hundredths the following day.

Ottery St Mary's **James Hudson**
claimed the runner-up slot in the 1400cc
to 1800cc Road Going Series Production



◆ **FLYING HORNET:** Damp and slippery conditions during the Sunday meeting did not deter James Gibson in his OMS Hornet.

car division finishing behind the Lotus
Elise of Neil Catling by a single 10th of a
second.

But 24 hours later the Volkswagen Golf
driver was celebrating the top spot on a
climb of 33.02 seconds edging Robert
Thomson (Honiton) in his Vauxhall Nova
into second.

The first of the Sports Libre categories
saw the win go **Stewart Lillington** in his
Radical SR4.

The Chard engineer took his Suzuki
powered machine to the top of the course
in a best of 26.13 seconds to defeat the
larger engined DJ Firecat of Tim Pitfield.

It was the Maiden Newton driver who
celebrated the following day, despite a
disagreement with the barriers on his first
run, having nailed his second attempt on
29.22 seconds in damp and slippery con-
ditions.



◆ **GO GO GOLF:** James Hudson powers his Volkswagen Golf out of Osmond Bend at Manor Farm.

on the frontier skittles round up

Colyton

Div 1; Axminster Con A 367 (S
Moore 69) Cloakham B 330 (M
Enticott 64); Gerrard A 355 (D
Hawkins, M Bright, R Gay 62)
New Inn A 375 (R Webb 75);
Colyton Club A 329 (M Cox 59)
Seaton FC A 354 (A Anning 68);
Tuckers Arms B 356 (P Straw-
bridge, K Sweetland 64) Lamb A
351 (S Pomeroy, B Smith 61);
Lamb B 322 (L Ellis, A Churchill
59) Vine B 323 (D Blackmore
60); Red Lion Cavaliers 404 (M
Summers 78) Red Lion A 394 (M
Lewis, Maggie Miller 71).
Div 2; Honiton WMC A 340 (S
Pye 64) Gerrard B 337 (A Clode
64); Vine A 340 (P Hurford 66)
Kings Arms Beers 334 (M Archi-
bold, S Somers 61); Tuckers
Arms A 366 (D Dower 68) Of-
ffwell A 380 (B Grant 70); Eagle
Tavern 395 (C Hutchings 78)
Honiton Converts 370 (D Lap-
ping 67); Dolphin Vikings 362 (K
Aris 66) Volunteer A 357 (M
Gillard 68); Ship C 341 (R Gush
73) Sidbury Stones 367 (M Hill
67).

Div 3; Cloakham Wanderers 343
(C Coulson 61) Wilmington
Harts 323 (P Richards 67); Volun-
teer B 323 (B Thorne 60) Col-
combe B 306 (R Pengilly, V
Wood 57); Sidbury Village Inn
357 (G Ruck 75) Ship A 344 (D
Minchin 65); White Hart B 351
(S Robinson 69) Vine Nomads
348 (A Munt, M Sansom, P Nor-
man 61); Kingfisher A 296 (R
Collier 60) Mountbatten Whites
305 (S Bonetta 57);
Div 4; Kings Arms A 349 (K
Tozer 69) Tuckers Arms C 334 (R
Dare 61); New Inn B 321 (S
Davey 63) Heathfield A 346 (A
Doble 66); Honiton Con Artists
362 (D Jones 78) Winstons A 378
(M Magaraghe 67); Seaton FC B
355 (D Park 68) Axminster Inn A
318 (S Palmer 65); Rising Sun A
363 (R Parsons 68) Rising Sun B
348 (K White 64).
Div 5; Honiton Con Raiders 314
(S Eveleigh 61) Dolphin B 343 (P
Neild 65); Winstons KOOTS 344
(S Leach 65) White Hart A 333 (S
Hollworth 62); Offwell B 405 (A
Olive 79) Tuckers Arms D 361

(Debbie Jowett 68); Colcombe
Nomads 383 (P Easter 78) Coly-
ton Club B 377 (J Richards 76);
Heathfield B 320 (Gill Quick, M
Glaeser 55); Sidmouth Arms
Kings 358 (O Fuller 80).

Axminster

Men's League Div 1; Axe Con
Rebels 289 (P Pomeroy 57) Red
Lion D 292 (T Herbert 57) Ger-
rard D 357 (J Packhouse 64)
Tuckers C 345 (M Sprague 67)
Thorncombe B 404 (S Staples
91) Thorncombe Drifters 361 (P
Waller 69) Red Devils 403 (P
Margetts 75) Old Inn Kilm A 382
(N Cornelius 74)
Lamb Spartans 322 (C Miller 61)
Green Army 302 (G Kent, R Turl
55) B&Gs 358 (P Garner 64) Sid-
mouth Arms 344 (J Rich 62).
Div 2; New Inn C 331 (R Webb
72) WH Warriors 289 (D Gam-
mon 66) Thorncombe C 359 (T
Ellis 68) Thorncombe A 352 (M
Stead 67) Tuckers Maggots 349
(C Shultze 66) Gerrard A 353 (J
Richards 70) Wootton Sherberts
297 (A Churchill 58) Axe Inn
Jokers 312 (A Churchill 61) Col-

combe A 416 (F Batten 90) New
Inn A 408 (D Hodder 86) Red
Lion C 353 (P Bird J Legg 66)
WH Wilm A 361 (P Jeffery 77)
Cloakham Stars 385 (J Crabbe
72) Lamb A 336 (D Jones 63)
Div 3; Old Inn Kilm B 375 (D
Lavender 69) Colcombe B 328 (P
Short 61) Axe Inn A 350 (B Mar-
getts 65) Ax FC A 332 (M Boni-
face 69) Ax FC Halfcuts 414 (N
Herrod 79) Axe Inn B 409 (R
Bebb 76) Ax FC IV 400 (Kings
Arms Seaton 396 (K Tozer 74).
Div 4; Bev's Boys Tuckers 369
(R Collier 70) New Inn Hawks
345 (D Lucas 63) Kingfisher A
299 (A Neal-Hopes 54) Gerrard
C 276 (M McAskill 55) WH
Colyford 306 (Stuart 65) v Ship
Rotary 342 (C Painton 67) Lamb
49rs 291 (J Larcombe 60) Seaton
BC 283 (T Hurley-Smith 58).
Ladies League Div 1; New Inn
B 281 (W Mitcham 56) v New
Inn A 300 (P Hurford, J Cook 56)
Bees Knees 335 (K Lloyd-
Hughes 59) Red Lion A 334 (J
Flint 60) Thorncombe Newtops
325 (M Fursman 61) Axe Inn A

340 (J Palmer 73) Colcombe
Girls 349 (M Wills 63) Gerrard
Guzzlers 335 (A Collings 65)
Rousdon Ladies 306 (G Gabb 60)
Seaton BC 341 (L Stone 64)
Div 2; Axe Inn Allsorts 279 (R
Enticott 58) Thorncombe A 311
(Kim Gaylard 63) Red Lion Rab-
ble 354 (J Pearce 68) Tuckers A
327 (C Seward 64) B&Js
Cloakham 312 (B Sluman 59)
Cloakham A 321 (G Campbell, V
Kiy 59) Tuckers B 306 (K Laing
59) v Colcombe B 320 (F Mann
59) Seaton FC 326 (L Smitham
60) WH Wilm A 318 (J Bishop
63) Gerrard A 315 (S Gardner 65)
Colcombe Angels 279 (S Gush
50).

Royal Oak Drimpton	2	4
King Willy Dogs	2	4
Sports 92	2	1

Division Two	Pld	Pts
Brewers Bees	2	22
Muppets	2	19
Loud & Proud	2	18
Skimmers	2	16
Hillbills	2	14
Raptors	2	12
Pinstubers	2	12
Perrott Monkeys	2	11
Rugrats	2	7
Fryers	2	7
Fudders	2	5
Ugly Ducklings	2	1

Division Three	Pld	Pts
Chis Colts	2	20
Admiral 6	2	19
Royal Chokers	2	19
DBST	2	17
Sandbaggers	2	14
The Likely Lads	2	13
Rotary	2	12
King's Men	2	10
The King's Jesters	2	6
Concorde	2	6
Beer Leg Boys	2	4
Willy Low Flyers	2	4
Top Score; V.Ball (Admiral Hood) 65.		

Crewkerne & District

Division One	Pld	Pts
Lost Boys	2	23
Coachen	2	21
Headhunters	2	20
Stray Cats	2	19
Rollers	2	18
Super Sexy Six	2	13
Mighty Ducks	2	11
Football Club	2	5
Odd Bobs	2	5

crib round up

HONITON

Results (Sept 22nd); Feni-
ton Soc B 6 Vine Inn A 2,
Honiton Inn B 3 Black-
smith Arms 5, Thirsty
Farmer 2 New Fountain 6,
Vine Inn B 3 Honiton Inn A
5, Workingmens A 3 Feni-
ton Soc A 5.

Captains Cup; Brenda
Flood 0 Lionel Hawkins 1,
Hedley Hawkins 1 Mike
Dent 0, Lorraine White 1
Julie Bath 0, Maureen Pen-
drick 1 Audrey Hawkins 0,
Rita Freemantle 1 Stev
Petitt 0.

Fixtures - Sept 29th;
Blacksmith Arms v Vine
Inn B, Feniton Soc A v
Thirsty Farmer, Honiton
Inn A v Workingmens A,
Vine Inn A v Honiton Inn
B, Workingmens B v
Feniton Soc B.

Table	Pld	Pts
Blacksmiths Arms	3	16
Feniton Social B	3	14
New Fountain	3	14
Vine Inn B	3	13
Workingmens A	3	13
Thirsty Farmer	3	11
Feniton Social A	2	7
Honiton Inn A	2	7
Workingmens B	2	6
Honiton Inn B	2	6
Vine Inn A	2	4

Captain's Cup	Pld	Pts
L.Hawkins	3	3
R.Freemantle	2	2
M.Pendrick	3	2
A.Hawkins	2	1
J.Bath	2	1
J.Davis	2	1
B.Flood	2	1
L.White	3	1
H.Hawkins	3	1
S.Pettit	3	1
M.Dent	2	0

AXMINSTER

Results (September 19th)
Talbot Arms 4 New Inn
Kilm A 1, Gerrard Arms 2
Nags Head 3, Lamb
Swans 3 Charlie's Angels
2, New Inn Kilm B 3
Steps 2, Ax Con Club 1
Ship Inn LR 4.

Beer League; Talbot
Arms 2 New Inn Kilm A
1, Gerrard Arms 1 Nags
Head 2, Lamb Swans 1
Charlie's Angels 2, New
Inn Kilm B 3 Steps 2, Ax
Con Club 2 Ship Inn LR 1.
Fixtures (Oct 3rd); Lamb
Swans v New Inn Kilm A,
New Inn Kilm B v Nags
Head, Talbot Arms v Dol-
phin, Gerrard Arms v Ship
Inn LR, Ax Con Club v
Steps

Table	Pld	Pts
Nags Head, LR	3	10
Lamb Swans	3	8
New Inn Kilm A	3	8
Steps	3	8
Gerrard Arms, Colyton	3	7
New Inn Kilm B	2	6
Dolphin, Beer	2	6
Talbot Arms, Uplyme	2	6
Axminster Con Club	3	6
Ship Inn, LR	3	5
Charlie's Angels	3	5

Beer League	Pld	Pts
Nags Head, LR	3	6
New Inn Kilm B	2	6
Gerrard Arms, Colyton	3	5
Axminster Con Club	3	4
Steps	3	4
Dolphin, Beer	2	4
Charlie's Angels	3	4
Talbot Arms, Uplyme	2	3
Lamb Swans	3	3
New Inn Kilm A	3	3
Ship Inn, LR	3	3

youth football

OTTERY u11s made it
three wins from three with
an emphatic 11-0 win at
Westex on Saturday.
Sam Gleeson was out-
standing in midfield, but
Oters goals came from;
Ben Briar, Freddie Clarke,
Jack Carpenter, Ash Whit-
combe, Shaw Browning
and Jake Blackmore.

boules axe valley Titles sorted

Div 1: Axe Cliff B 3 Colyton FC 2; Royal Clarence A 3 Whitford Warriors 2; Fishers 3 Kingfisher A 2; Shipwrecked 2 Colyton FC 3; Golden Hind B 4 Ship Castaways 1; Axe Cliff B v Kings Arms A no result recorded.

Div 2: Kingfisher Stars 1 Beer Club 4; Kingfisher Rebels 3 Beer Club 2; Lamb (mutton) 0 Eyre Court A 3 (default win); Gerrard Arms B 5 Golden Wonders 0; Kingfisher Stars 3 White Hart Movers 2.

Div 3: Cloakham Lawns 4 Axe Cliff Mixed 1; Kings Jesters 2 New Inners 3; New White Hart v Gerrard Red Balls no result recorded; Seaton Town FC A 4 Lamb Visitors 1.

Division One	Pld	Pts
Golden Hind B	18	66
Kingfisher A	18	54
Axe Cliff B	17	47
Fishers	18	47
Colyton FC	18	46
Whitford Warriors	18	45
Ship Castaways	18	42
Gerrard Arms B	17	36
Royal Clarence A	18	31
Shipwrecked	18	29
Division Two	Pld	Pts
Gerrard Arms B	16	61
Kingfisher Rebels	16	45
Eyre Court A	16	41
Beer Club	16	39
Golden Wonders	16	38
Kingfisher Stars	16	37
New Inn Flyers	16	35
White Hart Movers	16	31
Lamb Mutton	16	27
Division Three	Pld	Pts
New Inners	16	48
Royal Clarence B	16	45
Seaton Town FC	16	44
Cloakham Lawns	16	44
New White Hart	15	40
Axe Cliff Mixed	16	35
Kings Jesters	16	33
Lamb Visitors	16	33
Gerrard Red Balls	15	31

netball honiton Tyres deflated

JUST two weeks into the SEASON and the first cancellations due to rain meant only two games indoors were played both in Division Two. Sidmouth Toucans consolidated their position at the top of the table with their second win from two games when they defeated Beer Blazers.

The game started evenly with Toucans edging the first quarter 6-5. In the second period Lucy Davis started to get Toucans moving and, despite the best efforts of Frankie Heffernan, they increased their lead to 22-10 heading into the final quarter they led by 22-10 and cruised home 31-14.

JD Tyres have had a tough start and this week they met Blackdown who had started with a victory in week one.

With Lucy Bandyszew playing well for Blackdown they lead 14-6 at half time. In the third period Tiff Munt led a JD fight back so that going into the final session they only trailed 13-17. The final quarter was nip and tuck with JD outscoring Blackdown, but not by enough, as Blackdown finished winners by 20-17.

Division Two	Pld	GD	Pts
Sidmouth Toucans	2	51	6
Blackdown	2	10	6
Otter Valley	1	17	3
Tip Top Trees	1	9	3
Swaggemamas	1	-9	1
JD Tyres	2	-20	1
Beer Blazers	2	-24	1
Pixies	1	-34	0

tee off golf news from honiton, axe cliff and cricket st thomas

Medal success for Phillips

HONITON

with John Pawley

OVER 30 juniors from all over East Devon took part in the Junior Open at in near perfect conditions Honiton on Saturday.

Nicholas Bacon came third with his 30pts in the Stableford competition whilst Juniors' Captain Ben Phillips won the medal and the title with 75, with Haydon McCance on 79.

On Monday the seniors played their return friendly match against Stover GC. The away leg had ended 3-3 and this encounter produced the same result, so honours were even.

There are only two games left for this year, both at home with Long Sutton and Lyme Regis the visitors.

A field of 22 players took part in Tuesday's mixed meet. The format was a Treble Six – a Stableford competition where six holes are played as a better ball, six as greensomes and six as foursomes. Differing tees, handicap fractions etc only add to the complication of finding the result.

The clear winners were Jenny Reason & Peter Clarke with a grand score of 45 points. Second with 38 were Pam Knibb & Phil Wall who were followed by Stephani Barnes & Rob Sexton on 37.

The Ladies played their Autumn Closed this week – the last of their important competitions this year.

The scores reflected the change in playing conditions with more moisture on the ground and less sun.

The main trophy, the Betty Harris Memorial Cup for the best overall net score, was won by Heather Clarke with 73. Best overall gross score was Jackie Seager's 86. Stephani Barnes won the Cup for the longest drive on the 18th.

Nearest-the-pin on 2nd for Bronze players went to Sue Kelson, with Henrietta Bradshaw being nearest-the-pin on 12th for Silver players. Silver Division winner was Jane Watts with 76 followed by Ann Traying with 79 on count-back from Chris Pearce.

Bronze One winner was Jenny Reason with 78 on count-back from Chris Luttman, with Stephani Barnes third with 79.

Bronze Two winner was Sheila Palmer with 79, with Linda McLaughlin next with 82 and Jan Lloyd third with 85.

The nine-hole Stableford competition was won by Julie Eyles with 14pts, on count-back from Catherine Hunt.

Meanwhile, Sue Kelson & Ann



◆ ALL SQUARE: Honiton GC Captain Julian Phillips and Vice captain Julian Netherway shake hands on draw in their annual match.

Desmoulin's represented Honiton in the Warren Crocus finals at Dawlish Warren. Played as a Greensome, they came away with third place in the Bronze Salver, with 42pts.

The Friday competition started with some dew on the ground, but an overall sunny and pleasant day gave the 54 senior golfers playing a Bowmaker the chance to get good scores.

Requiring one to score on the first six holes, then two on the next six, and finally all to score on the last six holes a score of 72 represented a par round – but some teams fell well short of this.

Some good scores were achieved, notably the 73pts by the winning team of Chris Street, Dave Morgan & Ron Jones, with George Blake, Tony Proudfoot & Rod Armitage second on 71. Mike Stroud, Peter Blake & Ashley Murray took third place on 67 with Peter Clarke, Mike Watts & Derek Herrington fourth with 65.

There were five twos: Mike Watts, Phil Donne-Davis and Steve Blundell on the 2nd then Mike Sennitt and John Bevan on the 12th.

On Sunday the annual Captain v Vice Captain match proved to be highly contested event. The final result was a draw so the halved match means that the trophy remains with last year's winner – Julian Phillips who, with playing partner Stewart Slater, beat the

team of Vice Captain Julian Netherway & Richard Beard to get the draw.

CRICKET St THOMAS

with Bert Robinson

THE Seniors started their week on Monday when 48 golfers entered a variation of a three-man Bowmaker tournament.

The benign conditions assisted the scores and eight teams made par of 72 or better.

Result: 1st John Wallis; Bob Barrow & John Evans 85 points, 2nd Trevor Dobson; Dick Hall & Terry Hackling 84, 3rd Gordon Hughes; John Livens & George Wallis 79.

On Tuesday the Seniors match team travelled to Taunton to play against Taunton & Pockridge.

Results: Nick Hill & Keith Potter lost 3&1, Roger Stone & Terry Griffiths halved, Barrie Heath & Peter Spencer-Farr won 2&1, Gordon Wallace & John McOmish won 3&1, Mike Hone & Stuart Pope lost 3&2, John Wandless & Lyndsey Gage halved.

Fifteen teams of three played a "waltz" competition on Wednesday.

Result: 1st Paul England; Danny Dowell & Maurice Arnold 76 points, 2nd Martyn Putland; Mike King & Hughes 74, 3rd Stuart Forbes; Alan Davis & Nick George 74.

The Seniors ended their week on Friday with a Medford competition. This took the format of a four man team with a 4Ball better ball

stableford score being subtracted from a 4Ball better ball medal score.

Some fine scores were recorded with John Wallis the pick of the day scoring a four under par round of 40 points that enabled his team to secure victory.

Results: 1st John Wallis/Keith Branchflower & Frank Martin/Chris Basterfield 23, 2nd Bryan Frost/Peter Spencer-Farr & Brian Anderson/Nick George 26.

AXE CLIFF

with Peter Motson

THE Ladies section played a match to qualify for the VETS BOWL during which two of the newest lady members scored so well their handicaps were reduced.

The first two places were taken with a good net score of 69, with the countback in favour of Anne Jarvis. In 2nd was Danusia White and in 3rd place was Caroline Bond. Both Anne and Danusia will now be playing off a 32 HC.

The Seniors' section competed for the SEPTEMBER MEDAL with a close finish for the top three places.

Bill Polley (HC 16) took 1st with a net 72, Geoff Hughes (HC 19) was 2nd with a net 73 and Phil Christmas (HC23) took 3rd with a net 74 just edging out Rob Grove (HC 17) on countback.

There were two 2s, recorded by Norman Bowles and A.Morgan.

hockey honiton hornets

Kat's the cream

Teign 3rd 2 Honiton Hornets 10

HONITON returned to Petroc 2 League action at the weekend and ended up top of the table with an emphatic win over Teign 3rds.

Honiton's first goal was one of the fastest they had ever scored with just four passes from push back until the ball was in the net.

The trio of Vicky Morris, Amy Phillips and Jenny Dolling controlled the midfield throughout the game giving the attackers quick ball and plenty of chances to score.

At time they led 4-2 courtesy of goals from Sophie George (2), Laura Randall and Jean Gormley.

In the second half Honiton maintained their momentum and were rewarded with six more goals; Player of the Match, Kat Tucker, scored a hat trick along with singles from Gormley, Randall and George.

Hornets' training continues at Exeter School on a Monday evenings when new players are more than welcome. See www.wcwhl.co.uk for contact details.

running round-up

New pb for Smith

AXE VALLEY RUNNERS with Dave Mutter

ON Sunday Chris Keeffe took part in the TAUNTON 10k finishing 70th out of the 572 finishers in 43.06.

Jake Smith made the trip up country on Sunday to take part in the GREAT BRISTOL HALF MARATHON. The course is known to be a fast one and Jake started well.

A mid-race downpour made conditions much trickier, especially a cobbled section but Jake managed to finish 6th overall in a time of 1:10:48, improving his personal best by almost a minute.

Emma Kiernan achieved a pb finishing in 447th with a fantastic time of 1:33.04. Diane and Graham Newton ran the BARNSTAPLE HALF MARATHON on Sunday. Graham was pleased to win the men's over 65 category in 1:37:44 and Diane finished in 2:33:16.

Other AVRs; Anna McLoughlin 128th in 01:49:58, Amie Sibley 401st/02:24:01 and Martin Kerr 402nd/02:24:09.

In the accompanying BARNSTAPLE MARATHON Tim Sibley was 64th in 3:44:04 a new pb by 35 minutes, Angela Kerr 118th/04:10:27 - 1st in age category, and Jess Tubbs 149th in 04:33:26.

On Sunday members took part in the STOCKLAND SCAMPER 10k. First home for the club was Matt Clist who was 2nd with a time of 40.11 followed by Terry Emmett 4th/41:58, Ian Apps 15th/49:26, Rupert Pady 17th/49:38, Josh Hopson 18th/49:53, Eleanor Wood 28th/52:41, Alan Morbey 32nd/55:59, Nick Adams 57.14, Andy sayers 42nd/59:44, Steve Morbey 49th/1:03:39, Anders Larsson 50th/1:04:42 and Sue Venn 56th/1:14:29.

HONITON RUNNERS with Judy Davey

HONITON Running Club members took part in the STOCKLAND SCAMPER 10k on Sunday.

The overall race winner was Sam Hopton of SW Road Runners in 40 minutes.

Honiton's first runner home was 13-year-old George Tomkins in a fantastic 6th place in 44:05.

Next HRC runner home was at the other end of Honiton's age spectrum in the form of Rod Inglis. He came 13th in 49:09. He was followed by Phil Bartlett who was one place ahead and just seven seconds later.

Mark Dallyn came 20th in 50:15 just ahead of Dan Strawberry who came in 40 seconds later. Adam Tomkins came 24th in 51:30 and Steve Davey 26th in 52:08. He was followed by his wife, Judy, who was 3rd lady overall and won her age category finishing 29th in 54:29.

The Davey trio was completed by Jo who directly followed her mum in a time less than a minute slower in 55:26.

Stockland's Headteacher and HRC member David Perkins was 36th in 57:42. Tim Wigram finished 40th in 59:08 followed by Katherine Tomkins 46th in 1:02:26. There were 58 finishers.

Meanwhile, Jennie Sleeman and Kathy Layzell ran the BARNSTAPLE HALF MARATHON. Jennie finished in 1 hour 53 and Kathy in 2:10.

CHARD ROAD RUNNERS with Helen Baxter

CLAIRE Gibbs was pleased with her improvement in form knocking five minutes of her previous time to finish the Taunton 10k in 58:28, the race was included in the Club Championship.

Mel Boarder finished in 1:00:04.

Meanwhile, in the Stockland Stampede 10k Andrew Leeson, in his first run in Chard colours, came home in 49:58/16th.

Helen Baxter crossed the line in 1:09:30.

Also in Devon Matt Baker completed his first marathon at Barnstable in 4:59:04, Jeremy Taylor crossed the line in 3:36:00 hours.

Furthest afield and furthest race distance was the Elsewhere, Richard Clifton, Bernard Genge, Andy Mear and Paul Masters set off to run 102-mile Cotswold 100. With 12,100ft off incline Mear, suffering at 47.5 miles, was forced to pull out the remaining tri all made it to the finish line. See photos from the above on our website www.viewnews.co.uk

rugby chard rfc

Unforced errors cost bonus

Chard 15 Kingsbridge 25

South West One

DESPITE only having a wafer thin squad to pick from for this first ever fixture against Kingsbridge, Chard will be disappointed not to have got something from the game.

That they didn't was down to a few unforced errors and giving penalties away at crucial times.

Kingsbridge made the most of their opportunities and pulled away late in the game with a try and a penalty goal.

Chard started well and pinned Kingsbridge back on their own line and, following a few infringements, the referee had no choice but to award a penalty try which was converted by Jon Humphrey.

From the restart Chard had problems and were unable to secure

good ball that would have given them an opportunity to clear their lines. As a result the visitors got on top and Dave Stevens crossed for an unconverted try.

Following this Chard played some good stuff but a telegraphed pass in the visitors 22metre area was intercepted and Ben Newman raked 75metres to score an converted try under the posts.

This really was a bitter pill to swallow and more was to follow when the Chard pack marshalled well by Luke Aplin and Max Gosden and urged on by scrum half Ben and, following a few infringements, the referee had no choice but to award a penalty try which was converted by Jon Humphrey.

From the restart Chard had problems and were unable to secure

Chard, trailing 12-7, started the second half powerfully and levelled the scores when Will Hopkinson drove over for an unconverted try.

The game seemed to be turning Chard's way especially when the visitors had a player sent to the bin, but again several sorties to the try line were halted because of their worrying knack of giving away penalties at the wrong time.

Kingsbridge weathered the storm and increased their lead when Ben Glover broke through. Humphrey brought the score back to within two points with a penalty, but a late Glover try followed by a last minute penalty denied Chard a losing bonus point.

Skipper Ryan Helliar really needs to move back into his favoured position in the back row but, with injury

problems mounting, is often having to play elsewhere. Next Saturday Chard travel to play league leaders Weston.

Martock 13 Chard 2nd xv 38

Somerset Two South

CHARD got back to winning ways with a comfortable bonus-point victory at Martock with front row players Brian Sugar and Joel Nicholls amongst the scorers

Next Saturday the 2nd xv are at home to Somerton (3pm ko). On the same day the 3rd xv begin their campaign with an away fixture at Yatton.

Club stalwart Stuart Gold will be in charge and will be persuading a few who thought they had retired to dust down their boots.

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Beer Blazers

◆ **HUNTING HOOPS:** The Beer Blazers team who play in Division Two of the Honiton Netball League. Line-up, standing, from left; Alex Adkin, Jane Newberry, Mel Manville, Becky Dormor, Steph Upson. Front; Rosie Bennett, Amanda Partridge, Gemma Langham, Franki Heffernan. The team is sponsored by: Beer Head Caravan Park, Fred Hansford Ltd and The Dolphin Hotel.

◆ **TIGERS TOPPLE HIPPOS:** Aaron Daniels (amber) in action for Axminster Town Reserves in Saturday's 3-1 Devon & Exeter League Division Three win over Honiton Town Reserves - see page 69 inside.
 There is a floodlit mid-week match at Tiger Way tomorrow (Wednesday) evening with Axminster Town taking on Crediton United (7.30pm ko).
 Photo by
ANDREW GRAHAM

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